**Parsley Plant**



**Petroselinum crispum 'Champion Moss Curled'**

* Hardy-biennial.
* Reaches 12 - 30" (30 - 80 cm) tall.
* Flowers in long-stalk like green umbels June - July (however if it flowers the leaves become in-edible and the plant will die).
* Likes a rich moist soil.
* Prefers part shade.
* Pick leaves regularly.
* Full of vitamins and minerals (particularly Vitamin C).
* **Culinary Uses.**
* Often used in soups and stews.
* As decoration for the top of almost any dish!
* Chewing after meals can help freshen breathe (even from garlic).
* Can be added to salad and sandwiches.
* Can be used in bouquet garni.
* **Medicinal Uses.**
* Can be used to treat urinary infection, kidney stones and water retention problems.
* Can help menstrual problems.
* Can aid digestion, and act as a mild laxative.
* Leaves can be infused and will then act as a tonic for hair, eyes and skin (and said to minimize freckles).
* Crushed leaves have been used as temporary dressings for open wounds.
* Can help irritation caused by insect bites.
* Can alleviate water retention and act as a kidney tonic (and help clear kidney stones)
* Can help improve circulation, arthritis and rheumatic pain.
* Can help relieve asthma and ease any lung congestion.
* Can help milk production in Mothers
* Has been proved to reduce blood pressure.
* Contains antioxidants said to help fight cancer.
* **Other Uses.**
* Was used to decorate tombs.
* The Romans made garlands from it!
* If grown by roses can help improve their scent.