

Petroselinum crispum

Ancient Greeks and Romans used parsley as a garnish for foods. According to legend, they believed that if parsley was eaten between courses, the would not get drunk on the wine they drank.

Plant twice as much as you desire, as the female Black Swallowtail Butterfly lays their eggs in parsley.

Legend says to plant parsley on Good Friday or St. Patrick's Day, as the seeds need a cool period in which to germinate.

Parsley is a great source of Vitamin C. Generally used in soups, stew, gravies, salads and goes well with meats and potatoes.

