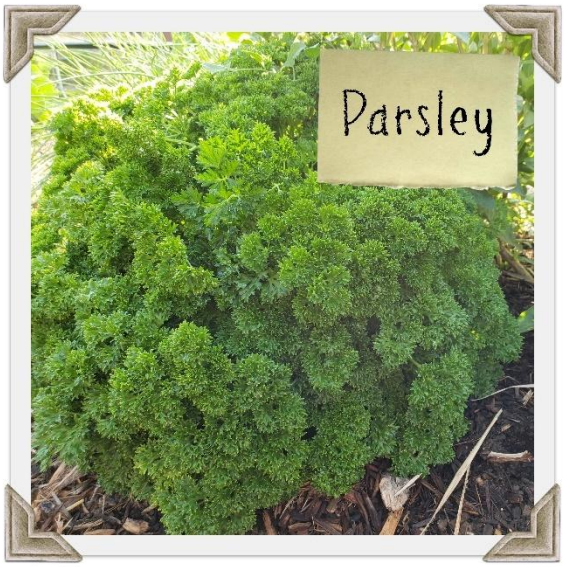



*Petroselinum crispum*
**Family**: *Apiaceae* – carrot, parsley
**Parts Used**: leaves, roots (most medicinal)

This common garden herb and garnish is more than just for culinary purposes.

## Properties

Antioxidant, anti-inflammatory, anthelmintic, demulcent, diuretic, carminative, emmenagogue, expectorant, nutritive, stimulant.

**Energetics**: cooling, moistening, stimulant
**Systems Affected**: urinary, digestive

## Uses

- Cleansing
- Full of vitamins and minerals, high iron content, good for anemia.
- Boost immune system
- Digestive aid; helps regulate bowel movements, bloating, gas, edema, acid reflux, etc.
- Adrenal and thyroid tonic
- Support for kidney, bladder, liver, and spleen.
- Nourishes the nervous system
- Eye and skin health
- Removes obstructions in the blood, lymph, sweat, urine, and stool.
- Help break up kidney and gallstones.
- Urinary issues of any kind including bedwetting and frequent urination.
- Intestinal worms
- Jaundice
- Menstrual disorders
- Asthma, coughs, and bronchial issues.

## Herb Preparations

- Food; add liberally to culinary dishes
- Chew on leaves to freshen breath.
- Juice
- Tea
- Extract

- Powder, capsules, sprinkle

## Caring/Harvesting

Parsley is a biennial plant, producing abundant foliage the first year and sending up a stalk with umbels that blossom and seed the second year. Harvest leaves from the first year's growth.

- Start seed 12 weeks before the last frost. The seed takes from 4-6 weeks to germinate. Can also be purchased at your local nursery.
- Transplant after the last frost in a sunny spot, with well-drained soil.
- Prefers rich soil due to the large tap root.
- Leaves are very abundant the first year and can be gathered anytime. In the fall cut the entire plant and dry for future use or to crush and make your own parsley flakes for cooking.
- Roots should be harvested in the fall of the second year.

## Safety

Avoid while pregnant and nursing in medicinal amounts. Can dry up milk in nursing mothers.