

Parsley

Petroselinum crispum

Bright green biennial herb with curly or flat leaves & small clusters of yellow-green flowers



Appreciated for its fresh, slightly peppery flavor & versatile leaves


Flavor - Purification - Protection


Can be used in cooking, teas, oils and rituals


Parsley is beloved for its culinary versatility, cleansing energy and ability to support health & spiritual clarity


Parsley

Petroselinum crispum

 full sun to partial shade |

 moderate water

 well-drained, fertile soil

 Zones 3-9

Fun Facts

The name *Petroselinum* means “rock celery” in Greek, indicating where it is often happiest

Harvest/Storage Notes

Snip leaves as needed, before flowering for best flavor

Store in fridge wrapped in damp paper or freeze for long term use

Dry leaves for teas, sachets or culinary use

In the Kitchen

Use fresh or dried in soups, sauces, salads & garnishes

Infuse in oils, butter or vinegars

Brew into herbal teas for mild diuretic & digestive support

Rich in antioxidants and vitamins. Add to meals to help support digestion
Rich in sodium and potassium which it what helps to regulate fluids. Is also high in iron and has been used to help treat anemia and fatigue

Carry in sachets or sprinkle around the home for cleansing and protection

Use in charms and spells for clarity, insight and prosperity

Excellent companion plant as Parsley attracts beneficial insects and repels pests.

Grows well in ground, as part of a border and in pots, indoors and out.

Medicinal Uses

Traditionally used for digestion, kidney support and mild detoxification

Used in teas, tinctures & infusions
Generally safe in culinary amounts
Avoid high doses during pregnancy

Key Constituents

Essential oils (myristicin, apiol, eugenol), flavonoids, vitamin C, carotenoids, and chlorophyll

Magical Properties

Planet: Mercury --- Element: Air
Associated with purification, protection, prosperity & mental clarity

Used in cleansing rituals, charms, dream work & blessing spells