

WORLD'S MOST **POPULAR HERB**

DIURETIC
PROPERTIES



**CALSIUM &
BETA CAROTINE**

HEARTY PARSLEY

PETROSELINUM CRISPUM
(FLAT LEAF PARSLEY)

**VITAMIN C
& IRON**



PLANTING

SOWING TIME

Spring, Summer, early Autumn

GERMINATION

Three - ten days

HEIGHT

10 - 15cm

PLANTING INSTRUCTION

1. Cover seeds with 1cm potting soil
2. Pat soil down gently
3. Water carefully with Sebor watering can & fine rose
4. Plant out a few seedlings when big enough to handle in the garden 30cm apart

EXPOSURE

Best is minimum of seven hours of sun per day (windowsill will do)

PARTS USED

LEAVES & STEMS

(Herbs can be used from a young age)

The more you harvest, the more leaves the herb will produce and branch out. The container can be used time and again for succession sowing & planting.



CARROT, APPLE AND PARSLEY SMOOTHIE

Serves 1 - 2

This is a quick and delicious energy drink that fills a gap - and children love it!

ALL YOU NEED

- 2 peeled carrots, topped and tailed
- 1/2 cup fresh parsley
- 1 large apple, peeled and cut into chunks
- 1 stick celery
- 1 cup grapes
- 1 cup unsweetened apple juice

OK! LETS GO!

Whirl in a liquidiser until smooth and serve immediately in a tall glass

CUPPA TEA

ALL YOU NEED

- 1 cup boiling water
- 1/4 cup fresh parsley

Pour the cup of boiling water over the fresh parsley leaves. Allow the tea to stand for five minutes, strain and sip slowly, which a little apple cider vinegar has been added.

GOOD HEALTH



A half cup of chopped fresh parsley contains more beta carotene than two large carrots, more vitamin C than two large oranges, 20 times more iron than one serving of liver and 10 times more calcium than a cup of milk!

Used through the centuries as a diuretic herb and in the treatment of gout, arthritis and rheumatism, parsley is as effective today in our fast-paced lives as it was then for cystitis, fever, delayed menstruation, flatulence, nausea, 'liverishness' and the control of high blood pressure. It is a plus for men with prostate problems, and for bloating and painful bladder infections: simply eating fresh parsley helps, and 1 - 2 cups of parsley tea sipped throughout the day will bring swift relief.

GENTLE PARSLEY LOTION!

ALL YOU NEED

- 1 Cup fresh parsley sprigs
- 1 litre water
- 5 cloves
- 1/2 cup basil sprigs

Simmer the ingredients together for 20 minutes, cool, strain, pour into a spritz bottle, or soak pads of cotton wool to wipe over problem skin or oily acne. Spray over grazes, sunburned skin and rashes. Use this fresh smelling spritz on the face, neck and arms on a hot day to refresh and revitalise, and keep it in the car while travelling.