

PARSLEY

Petroselinum crispum

Parsley is commonly used in sauces, salads, and especially soups. It provides great flavor and lessens the need for salt. It is also rich in micronutrients, such as iron and vitamins A and C.

The name “parsley” comes from the ancient Greek word “Petroselinum” which translates to “rock celery,” because it’s been observed to thrive growing amongst rocks and on walls.

Flat-leaved, or Italian parsley, is best for culinary uses. It has the strongest flavor. While curly parsley is most often used as a garnish, it can be minced and used in many culinary creations to add a unique flavor profile that is mild, earthy and slightly bitter.



Parsley is a popular choice in school gardens across Georgia. It can even grow well potted in the classroom window.

It grows best between temperatures of 50 to 70°F and prefers moist, rich soil.

Parsley is native to the Mediterranean region and southern Europe and has been cultivated for nearly 2,000 years. Parsley arrived in North America in the 1600s.



Georgia Department of Education School Nutrition

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