

## EDIBLE GARDEN



### ITALIAN PARSLEY

Italian parsley (*Petroselinum crispum*), also known as flat leaf parsley is a biennial herb native to Southern Europe and the Mediterranean. It is commonly mistaken for the Chinese parsley, also known as cilantro or coriander.

Widely used in Middle Eastern, Mediterranean, Brazilian and American cuisines, Italian parsley is incorporated into many rice dishes, stews, stocks and sauces or used freshly chopped as a garnish. The herb is extremely nutritious, containing potassium, calcium and magnesium alongside vitamins A, C, E and K.