In the Kitchen...

Parsley is familiar as a garnish; however don’t overlook its culinary uses. Add whole parsley leaves to tossed salads and salsas, or combine chopped leaves to any vegetable or pasta dish. Fresh leaves are best if added just before serving to provide a bright green splash to your food. Parsley’s subtle flavor complements other fresh herbs and can be used to stretch basil, cilantro or thyme. Parsley is well-known among herbalists as a neutralizer for the ill-effects of garlic on the breath. Add plenty of parsley to any dish with raw garlic and you’ll notice the difference!

Persillade This French chopped parsley condiment can be added to roasted vegetables or grilled seafood or chicken in the last minute of cooking. It can also be used as a condiment at the table for breads, vegetables and meats.

Combine in food processor or mince by hand: 2 cups packed plain parsley leaves and tender stems, 2–3 cloves garlic, ¼ cup olive oil, salt and fresh ground pepper to taste. The consistency of persillade is up to you; it can range from roughly chopped to a smooth puree.

In the Garden...

Transplant parsley into your garden any time during spring. Because parsley doesn’t like to be moved be sure to pick a good spot before transplanting. Keep the area weed free and regularly snap off the oldest stems from the base (you can use these in the kitchen). You can bring your parsley plant in before frost and keep it through the winter in a pot. Be aware of its long taproot when digging it out. In the garden, mulch heavily with straw or grass to continue harvest through fall and early winter. If your parsley survives the winter outside it will flower in the summer and reseed itself. Parsley is said to repel asparagus beetle.