

# Perfect Parsley!






## GROW IT

-  Likes cool sun or partial shade
  -  Keep soil moist, but not soggy
  -  Sow seeds deep
  -  Windowsill or outdoors
  -  Pick outer leaves first; plant will keep growing.
- Hardy herb; can grow year-round in UK with protection.



## TASTE IT

-  Super-green parsley hummus  
Chickpeas, lemon, olive oil, garlic
-  Herby butter  
Mash soft butter with chopped parsley  
Spread on corn on cob, or pasta
-  Rainbow tabbouleh  
Couscous, parsley, tomato, cucumber



## FUN FACTS

Packed with vitamin C and K  
Historically used as a  
breath freshener

