

PARSLEY



Petroselinum crispum and *Petroselinum crispum* var *neapolitanum* (flat leaf)
[pet-roh-sel-EE-num KRISP-um]
(syn *Petroselinum sativum*, *Carum petroselinum*)

Family: Umbelliferae

Names: Common parsley, garden parsley, rock parsley, Italian parsley; flat-leaf parsley; Blattpetersilie, Petersilie (German); persil (French); prezzemolo (Italian); Perejil (Spanish); Persilja (Swedish); Baqdunis (Arabic); Peterselie (Dutch); Salsa (Portuguese); Pyetrushka (Russian); Paseri (Japanese); Yang-Hu-Sul (Chinese); Pietruszka (Zwyczajna) (Polish); Maidanos, Petroselino (Greek)

Description: Soft, rounded, leafy mound. Height 2-3 feet; width 10 inches. Flowers are green-yellow in umbels. Leaves are divided, feathery with strong aroma. Fruit is oval and compressed. The long taproot is spindly, thick and resembles small parsnips. Blooms in the second summer.

Cultivation: Two types: curly and Italian (flat leaf) A biennial hardy to Zone 3. Germination is from 2-3 weeks but can sometimes take 2 months. Presoak to hasten. Space 6-10 inches. Soil should be fairly rich, moist, and well drained especially in winter with a pH of 6-8 and soil temperature of 70°. Full sun or partial shade. Parsley is a slow germinator. It's been said that it goes to the devil nine times and back before it sprouts and that a pregnant woman planting it speeds germination. Propagate by seed which can be planted 2 weeks before the last frost. Fertilize the seed row where you intend to raise the parsley. Mark the row to a depth of 1/2 inch and sow the seed (without presoaking) at 1/2 inch intervals. Cover the furrow with sand, then moisten thoroughly. Now cut a 1-inch x 6-inch wood plank to the length of the row and thoroughly soak the board. Cover the row with the wet board, which will keep the seed moist and in place, at the same time preventing weeds from taking hold and keeping the ground from cooling too much at night. After the first two weeks, lift up the board every day to water, if necessary. As soon as seedlings appear, remove the board. Difficult to transplant unless small. Seedlings can tolerate a light frost. In the second year, parsley produces broad flower clusters. Cut these as soon as they begin to form to get more leaf production. "Parsleyworm" may be treated with bacillus thuringiensis; spider mites and aphids may be treated with insecticidal soap. Good companion to tomatoes and roses. Occasional light feedings of fish emulsion or manure; compost mulch especially during the winter and summer.

Dry quickly in order to prevent leaves from yellowing. Take leaves off the stems and spread on a cookie sheet and place in a 400F oven. Do not close the door completely and

turn them every 5 minutes. In about 15 minutes the majority will be crisp. When cooled thoroughly pack into jars. Do not just hang dry as it simply yellows. Parsley ice cubes are made by packing a 2 cup container with destemmed leaves. Fill the cup with water, about 1½ cups, and place in the blender. Whirl it till you have a green puree. Pour into an empty ice cube tray, replace the divider and freeze in refrigerator or freezer. When hard remove and put cubes in a plastic bag or freezer container. Label them before storing.

The root was dug up, washed, split lengthwise and dried at temperatures up to 72F. It has a distinctive aromatic smell and initially sweet, but later bitter taste. To extract the fruits the umbels are cut off shortly before they ripen, bundled, and hung up to ripen. They smell spicy and have an aromatic burning taste.

History: Held in high esteem by the Greeks, parsley was used to crown victors at the Isthmian Games and to decorate tombs, being linked with Archemorus, the herald of death. The Greeks also planted parsley and rue along the edges of herb beds, thereby instigating the expression "being at the parsley and rue," meaning to be at the start of an enterprise. Although the Greeks used parsley medicinally, and Homer recorded that warriors fed parsley to their horses, it appears that the Romans were the first to use it as a food. They consumed parsley in quantity and made garlands for banquet guests to discourage intoxication and to counter strong odors. *Petroselinon* (rock celery) which could refer to parsley's ability to relieve kidney and bladder stones.

Parsley is one of the first herbs to appear in spring and has been used for centuries in the Seder, the ritual Jewish Passover meal, as a symbol of new beginnings.

In European folklore, parsley's notoriously slow germination period gave rise to the superstition that its roots went down to the devil seven times before the plant would grow.

Constituents: Parsley oil comprises about 0.1% of the root, about 0.3% of the leaf and

2%-7% of the fruit. Essential oil includes apiol, apiolin, myristicin, pinene; flavonoids (apigenin); glycoside; vitamins A,C; minerals (iron, manganese, calcium, phosphorus); protein. Parsley contains psoralen and related compounds that can induce photosensitivity; these include ficusin, bergapten, majudin and heraclin.

Properties: diuretic, carminative, anthelmintic, stimulant, emmenagogue (especially the seeds), expectorant

Energetics: sweet, bland, neutral

Meridians/Organs affected: lung, stomach, bladder, liver

Medicinal Use: Chew the leaf raw to freshen the breath and promote healthy skin. Infuse for a digestive tonic. Bruised leaves have been used to treat tumors, insect bites, lice and skin parasites and contusions. Parsley tea at one time was used to treat dysentery and gallstones. Other traditional uses reported include the treatment of diseases of the prostate, liver and spleen, in the treatment of anemia, arthritis and cancers, and as an expectorant, antimicrobial, aphrodisiac, hypotensive, laxative and as a scalp lotion to stimulate hair growth. Use in a poultice as an antiseptic dressing for sprains, wounds and insect bites. Decoct the root for kidney troubles and as a mild laxative. Apply juice to reduce swellings. It also stimulates appetite and increases blood flow to digestive organs, as well as reducing fever. Another constituent, the flavonoid apigenin, reduces inflammation by inhibiting histamine and is also a free-radical scavenger. The seed, when decocted, has been used for intermittent fevers. It has also traditionally used as a carminative to decrease flatulence and colic pain. The seeds have a much stronger diuretic action than the leaves and may be substituted for celery seeds in the treatment of gout, rheumatism and arthritis. It is often included in "slimming" teas because of its diuretic action. Oil of the seed (5-15 drops) has been used to bring on menstruation. Avoid if weak kidneys.

Dosage:

Infusion: Pour a cup of boiling water on 1-2 tsp of the dried herb and leave to infuse for 5-10 minutes in a closed container. Drink 3 times a day

Tincture: Take 2-4ml 3 times a day

HOMEOPATHIC USES: Used for very itchy hemorrhoids, as well as for urinary complaints such as a deep itch in the urinary tract, and gonorrhea with a sudden urge to urinate and a milky discharge.

Toxicity: Do not use during pregnancy in medicinal dosage

Aromatherapy Uses:

EXTRACTION: essential oil by steam distillation from the seed and the herb. An essential oil is occasionally extracted from the roots; an oleoresin is also produced by solvent extraction from the seeds.

CHARACTERISTICS: A yellow, amber or brownish liquid with a warm woody-spicy herbaceous odor. A pale yellow or greenish liquid with a heavy, warm, spicy-sweet odor, reminiscent of the herb.

BLENDS WELL WITH: rose, orange blossom, cananga, tea tree, oakmoss, clary sage and spice oils

ACTIONS: antimicrobial, antirheumatic, antiseptic, astringent, carminative, diuretic, drpurative, emmenagogoue, febrifuge, hypotensive, laxative, stimulant (mild), stomachic, tonic (uterine)

CONSTITUENTS: Seed: mainly apiol, with myristicin, tetramethoxyallyl-benzene, pinene and volatile fatty acids. Herb: Mainly myristicin with phellandrene, myrcene, apiol, terpenolene, menthatriene, pinene and carotol, among others.

USES:

Circulation, Muscles and Joints: accumulation of toxins, arthritis, broken blood vessels, cellulites, rheumatism, sciatica

Digestive System: colic, flatulence, indigestion, hemorrhoids

Genito-urinary system: amenorrhea, dysmenorrhea, to aid labor, cystitis, urinary infections.

Other uses: used in some carminative and digestive remedies, such as 'gripe waters'. The seed oil is used in soaps, detergents, colognes, cosmetics and perfumes, especially men's fragrances. The herb and seed oil as well as the oleoresin are used extensively in many types of food flavorings, especially meats, pickles and sauces, as well as alcoholic and soft drinks.

Ritual Uses: Gender: Masculine. Planet: Mercury. Element: Air. Deity: Persephone. Powers: Lust, Protection, Purification. Used in funeral rites and celebrations of victory by the Greeks; Used in baby blessing rites. It was once believed that the mere tossing of fresh parsley into a pond would heal fish. Sacred to Venus and to Aphrodite, parsley used for success and romance should be gathered on a Friday beneath a waxing Moon. For magickal purposes the dried, powdered greens may be used and the root may also be harvested. When used as a bathing herbe, Parsley brings communion with the second aspect of the Goddess, that of the loving mother of the universe. This procedure is highly recommended for a woman who is with child and desires a healthy pregnancy. The Greeks and Romans believed that parsley would improve the agility and speed of their horses. Parsley may be fed to one's horses today to bring them good fortune and success.

When eaten, parsley provokes lust and promotes fertility, but if you are in love, don't cut parsley, you'll cut your love as well. Though the plant has associations with death, and is often regarded as evil, the Romans tucked a sprig of parsley into their togas every morning for protection. It is also placed on plates of food to guard it from contamination. Parsley is used in purification baths and to stop all misfortune. A wreath of parsley worn on the head prevents or delays inebriation.

Language of Flowers: feast; banquet; festivity; joy; victory; "The woman of the house is boss."

Cosmetic Use: Infuse the leaf as a hair tonic and conditioner. Add to facial steam and lotion for dry skin and to minimize freckles. Use infusion as a soothing eyebath. The essence from the seeds is used in the manufacture of certain strong, masculine scents.

ELDERFLOWER AND PARSLEY LOTION:

Handful of elderflower blossoms
3-4 sprigs of parsley
½ pint soft water

Wash the elderflower blooms and parsley and place in a clean bowl. Cover with half a pint of boiling water and allow to infuse for three to four hours. Strain, bottle, label and refrigerate. Apply to freckles with cotton ball.

CUCUMBER-PARSLEY FACIAL TONER

1 cup warm water
2 Tbsp chopped parsley
¼ russet potato (scrubbed, do not peel)
¼ cucumber (do not peel)
1 tsp almond extract
1 tsp lemon extract
1 tsp lime extract

In a small saucepan, bring water and parsley to a boil. Remove from heat and let cool slightly. Add to a blender and mix with other ingredients on medium speed for 30 seconds. Strain solution through a paper towel, saving liquid. Solids may be discarded. Saturate a cotton ball with the solution and apply to face, using a gentle dabbing motion. Use this after a scrub and cleanser. It is not necessary to rinse it off after use. Cover and refrigerate. Discard after 5 days. For normal and dry complexions.

PARSLEY HAIR TONIC

1 large handful parsley sprigs
2 Tbsp water

Place the parsley sprigs and water in a food processor. Process until ground to a smooth puree. Apply the green lotion to the scalp, then wrap your head in a warm towel and leave for about 1 hour before shampooing as normal.

Other Uses:

Dye: 4 bunches parsley
¼ lb alum mordanted wool
1 ½ gal water

Cover the parsley with water and boil for ¾ hour. Strain out the plant material and add enough water to make about 1 ½ gallons. Enter the wet premordanted wool and raise the temperature to simmer. Simmer for 1 hour. Cool and rinse till the water runs clear. Color: soft yellow

Culinary Use: It has a faint peppery tang with a green apple aftertaste. A prime ingredient in French *finest herbes* along with chervil, tarragon and chives. Add raw to salads. Finely chop and sprinkle over sandwiches, egg dishes, vegetable soups, fish and boiled potatoes. Add to mayonnaise and many sauces. When cooked, parsley enhances other flavors, but add towards end of cooking time. Use in bouquet garni. Use the root of Hamburg parsley in soups and stews. Boil as a root vegetable. Grate raw into salads. Add it to baby carrots that have been candied in unsalted butter, brown sugar and fresh ginger. Add it to pasta dough, biscuit dough, crepe batter, dumpling batter or bread dough. Add parsley and chopped scallions to mashed potatoes or rice or orzo. Mix it with soft cheeses, such as ricotta or cottage cheese. If adding parsley to long cooking soups and stews, add the stems first and the chopped leaves at the end. If left in a sauce too long, the sauce will turn green.

Be sure to wash parsley thoroughly because grit and soil hide easily.

Recipes:

Sweet Parsley Wine

1 full quart fresh parsley (or ¾ qt dried)
1 gallon cold water
7 cup sugar
2 tbs lemon juice
juice and rind (no white) of 2 oranges
½ Tbsp ginger
3 cloves
1 pkg dried yeast

First day: stem and wash parsley. Slowly bring parsley and orange rind to a boil in water, reduce heat, and simmer for ½ hour. Strain the liquid into a fermentation jar and when mixture is between 65 and 70F add the fruit juice, cloves, sugar and yeast dissolved in a little water. Let this combination stand in a warm place to ferment. About eleven days later: strain liquid into jugs with fermentation locks. Approximately twelve days later: siphon into clean containers to clear and mature. About one year later: bottle to enjoy next year. Label each bottle with the exact name of the wine and the date that Step 1 was completed.

Tabbouleh

1 cup bulgar (cracked wheat)
1 ½ cup boiling water
½ cup chopped parsley
¼ cup chopped green onions
1 Tbsp white vinegar or lemon juice
2 Tbsp safflower or olive oil
¼ tsp dry mustard

Soak bulgar in water for about 1 hour, until all the water has been absorbed. Stir in parsley and green onions. Whisk vinegar, oil and mustard together in a small bowl, then stir into bulgar mixture. Served chilled or at room temperature. (Recipes from Riversong)

Fresh Mushroom, Parsley, and Radish Salad

1 garlic clove, pressed
8 large white mushrooms, thinly sliced
1/3 cup minced fresh parsley
2 Tbsp lemon juice
1/3 cup extra virgin olive oil
pinch of chopped fresh basil leaves
salt and fresh ground pepper
6 cups mixed salad greens: arugula, chicory, oak leaf lettuce, Bibb lettuce
1/3 cup finely chopped radishes

Place the garlic, mushrooms, parsley, lemon juice, and oil in a glass bowl and toss with the basil. Salt and pepper to taste. Marinate at least 30 minutes. Add the greens and toss. Sprinkle with the radishes and serve. (Herbal Salads)

Parsley Chick Pea Paté

1 cup dried chick peas
½ tsp toasted and ground cumin seed
½ cup tahini
½ to 1 tsp cayenne pepper
juice of 1 lemon

salt and freshly ground pepper
¼ cup olive oil

red sweet pepper strips
¼ cup reserved chick pea stock
black oil-cured olives
1 cup packed parsley leaves, chopped fine
parsley sprigs
3 garlic cloves, minced

Wash and pick over the chick peas. Cover them with 4 cups cold water in a large pan and soak overnight, or cover them with the water, bring them to boil, simmer 5 minutes, and soak for an hour. Drain the chick peas and rinse them. Add fresh water to cover them by an inch and cook them for about an hour, or until they are tender. Drain the chick peas and reserve 1/4 cup of the cooking liquid. Pureé the cooked chick peas in a food processor or food mill. Combine the puree, tahini, lemon juice, and olive oil in a bowl, blending well. Add the parsley and garlic to the mixture. Add the cumin seed, cayenne pepper, and season with salt and pepper. The mixture should be thick; if it crumbles and does not hold together, add the reserved cooking liquid, a little at a time. Shape the pate into a dome on a serving dish, or pack it into a 1-quart terrine or bowl. Chill covered for at least 1 hour. If refrigerated for longer than an hour, remove about 20 minutes before serving. Garnish with red pepper strips, black olives and parsley. (Herbs in the Kitchen)

Parsley Clam Sauce for spaghetti

White Clam Sauce:

1 pint fresh clams (shucked but not steamed) and juice. They may be Quahog or cherry stone
1/2 cup olive oil
2 cloves garlic pressed or minced
1/4 cup white wine
1 large bunch fresh Parsley chopped

1/4 cup butter
freshly ground black pepper, a few twists of the mill

Sauté the garlic in olive oil. When browned lightly add butter, clam broth and wine. Simmer until liquid is reduced. Add the chopped clams and parsley. Grind pepper over all. Cook clams 5 minutes until firm but not touch. Have ready one pound cooked linguine pasta. Pour clam sauce over spaghetti and toss. Serve with freshly grated Parmesan cheese. (Park's Success with Herbs)

Ella's Parsley Soup

2 medium potatoes, cubed
3 cups stock
2 large onions, thinly sliced
2 Tbsp butter
1/4 cup minced parsley

In a medium saucepan cook the potatoes in stock until tender, about 20 minutes. In a frying pan over low heat, cook the onions in butter until they are tender. Add onions and parsley to potatoes. If desired, pureé part or all of the soup. (Cooking with the Healthful Herbs)

Roast Chicken with Gremolata

3 -3½ lb whole frying chicken
Gremolata (recipe follows)
2 5-inch sprigs fresh rosemary

Preheat oven to 375F Loosen the skin over chicken breast with fingers, being careful not to puncture the skin. Pat a layer of Gremolata between skin and flesh of breast. Truss chicken but do not bend wings akimbo. Instead, place a rosemary sprig under each wing; tie wings to body with cotton string. Place chicken, breast side up, on a rack in a shallow roasting pan. Roast, uncovered, for 1 hour or until meat near thighbone is no longer pink when slashed. Remove from oven and let stand for 10 minutes before carving.

GREMOLATA:

2 cups chopped flat-leaf parsley
2 Tbsp grated lemon zest
6 garlic cloves, minced

Combine all ingredients. Chill any remaining for another use. (Kitchen Herbs)

Sweet Potato and Parsley Salad

6 cooked sweet potatoes, about 2 1/2 lbs
1 small onion, diced fine
1 medium celery rib, diced fine
1/3 cup olive oil
1 lemon
2 tsp soy sauce
1/2 cup coarse-chopped parsley
leaves from 4 or 5 marjoram sprigs, chopped or
1 tsp crumbled dried marjoram
salt and freshly ground pepper
1/2 cup freshly toasted cashew nuts, optional

Peel the sweet potatoes, then cut them into 1/2 inch dice. Place them in a large bowl with the onion and celery. Mix the olive oil, lemon juice, and soy sauce in a small bowl. Stir in the parsley and marjoram. Season the dressing with salt and pepper. Toss it with the sweet potatoes and adjust the seasoning. Just before serving, sprinkle the salad with the toasted cashew nuts. The salad may be served warm or at room temperature. (Herbs in the Kitchen)

Chimichurri

6-8 cloves garlic, minced
2 tightly packed cups parsley (preferably Italian)
1/2 cup tightly packed cilantro
3 tsp best quality dried oregano
2 tsp best quality dried thyme
2 tsp chopped fresh rosemary
2 bay leaves
1 tsp whole black peppercorns
1/2 -1 tsp dried crushed red pepper
3/4 cup oregano-chile-garlic vinegar or red wine vinegar plus 1 Tbsp water
3/4 cup olive oil
1/2 tsp salt

In a food processor or blender, grind the garlic and the herbs. Grind the bay and the peppercorns in a spice grinder, and add to the herb mixture with the crushed red pepper and vinegar. Add the olive oil and gently mix to blend; do not overprocess. Sauce should be slightly thickened. Let stand several hours or

refrigerate and serve at room temperature. Drizzle over grilled or roasted meats, fish, or chicken. Also good on tomatoes or sandwiches. Yields 2 cups.

Parsley Bread

½ cup lukewarm water
1 Tbsp dry yeast
1 tsp honey
½ cup sour cream or yogurt
1 egg
1 cup minced parsley
2 cloves garlic, minced
2-2½ cups whole wheat flour

Combine the water, yeast and honey in a cup. Set aside for 10 minutes to proof (yeast will become foamy).

Combine the sour cream or yogurt, egg, parsley and garlic in a large bowl. Stir in yeast mixture. Beat in 1 cup of flour. Gradually beat in enough additional flour to make a soft, kneadable dough. Turn out onto a floured surface. Knead until smooth and elastic, about 10 to 15 minutes. Use only enough additional flour to prevent sticking.

Transfer dough to an oiled bowl. Turn to coat dough. Cover and let rise in a warm place until doubled in bulk, from 30 to 60 minutes. Punch down dough. Pat out into a rectangle about 8 inches wide and then roll up like a jelly roll. Pinch the seams tightly. Butter an 8½ -by-4½ inch loaf pan, or coat it with equal parts of oil and liquid lecithin. Place dough in the pan, seam side down. Cover and let rise until doubled in bulk, about 30 to 45 minutes. Bake at 375F for 40 to 45 minutes or until the loaf is golden on top and sounds hollow when tapped. (Cooking with the Healthful Herbs)

Mashed Potatoes, Turnips, and Parsley

4 parsley roots
1 turnip
3 potatoes
½ stick butter (do not substitute margarine)
¼ tsp garlic powder
pinch of celery seed
1 cup sour cream
½ cup Parmesan cheese

Wash the fresh vegetables and herbs. In a large saucepan boil the parsley roots, turnip, and potatoes until tender. Drain. In a large bowl, mash the roots and potatoes with a potato masher. Add butter, garlic powder, and celery seed. Stir in the sour cream and cheese. Mix well. Serve the mixture topped with sautéed vegetables of choice. (Growing 101 Herbs that Heal)

Eggs, Mushrooms & Herbs

8 eggs plus 4 extra yolks
salt and pepper to taste
1 bunch parsley (leaves only, rinsed)
2 tsp olive oil
2 ice cubes
2 Tbsp butter
½ lb mushrooms (morels, chanterelles, crimini or shiitake), stemmed and chopped
¼ cup heavy cream

In a bowl, combine the eggs and extra yolks; set aside. In a pot of boiling salted water, blanch the parsley for 1 minute. Drain and rinse with cold water. Pat the parsley dry. Transfer to a blender. Add the olive oil and ice cubes. Blend the parsley until it forms a thick puree. In a saucepan, melt 1 tablespoon of the butter. Add the mushrooms, salt, and pepper. Cook, stirring constantly, for 3 minutes or until tender. Transfer to a bowl. Add the remaining 1 tablespoon butter to the saucepan. Add the eggs and whisk vigorously over medium-low heat, without letting large thick curds form on the bottom or sides of the pan. The eggs should form small grains. Remove the pan from the heat and stir in the heavy cream. In 6 martini or other stemmed glasses, or in bowls, layer the parsley mixture, then the eggs, and finally mushrooms.

Herbed Seafood Pasta

1-pound campanelle or corkscrew pasta
1 cup – part skim ricotta cheese
½ teaspoon grated lemon peel
½ cup loosely packed fresh parsley leaves, chopped*
½ cup loosely packed fresh basil leaves, chopped*
2 cups medium sized scallops

1 pound medium shrimp
2 tablespoons olive oil
½ cup grated Parmesan cheese

Heat a large covered pot with salted water and bring to a boil. Cook the pasta until al dente.

While the pasta is cooking in a bowl combine the ricotta, feta and lemon peel. Add salt and pepper to taste. Cook the shrimp and scallops in 2 tablespoons of olive oil on medium-high heat. They should only take 4 – 6 minutes to cook. Watch them carefully so they don't overcook.

Reserve 1/3 cup of the pasta water. Drain the pasta and return it to the pot. Stir the reserved cooking water into the ricotta mixture, toss with the pasta. Add in the chopped herbs, shrimp and scallops and Parmesan cheese. Top with additional Parmesan cheese if desired

Mediterranean Swordfish with Frilly Herb Salad

Yield: 4 servings

Fish:

Finely grated zest of 2 lemons
About 1/4 cup fresh lemon juice
1 small onion, quartered and thinly sliced
2 tablespoons capers
4 teaspoons caper juice (from the jar)
6 tablespoons extra-virgin olive oil, plus 1 to 2 tablespoons for sautéing, divided use
1 teaspoon sea salt
Big pinch of piment d'Espelette or dried red pepper flakes
Teensy pinch of sugar
4 teaspoons minced fresh rosemary, divided use
4 swordfish steaks, 1/2 to 3/4 inch thick, about 5 ounces each

Salad:

2 cups loosely packed fresh Italian parsley leaves (from 1 big bunch parsley)
1/2 cup loosely packed mixed fresh herb leaves, such as oregano, marjoram, tarragon (just a little), thyme (also just a little) and chervil
1 teaspoon fresh lemon juice
1 teaspoon extra-virgin olive oil
Salt and freshly ground pepper

Marinate swordfish: Whisk all

ingredients for fish except the 2 teaspoons rosemary and the fish in a nonreactive, 9-by-13-inch baking dish (I use Pyrex), or put them in a jumbo zipper-lock plastic bag and shake them around. Put fish in pan or bag and turn it so that it is well coated with marinade. Cover with plastic or seal in bag and marinate, turning it a couple of times for 1 hour at room temperature. (Fish can marinate up to 4 hours in the refrigerator, bring to room temperature before proceeding.) Make salad: Toss all herbs together in a bowl. Hold off on dressing the salad. Cook fish: Remove fish from marinade and scrape any ingredients that have stuck to the fish back into the marinade; reserve marinade. Using paper towels, lightly pat fish dry. In a large skillet (nonstick is good) warm 1 tablespoon olive oil over high heat. When it's hot, slip in the fish. (If your skillet isn't large enough to hold 4 pieces of fish, cook fish in 2 batches, adding more oil to the pan as needed.) Cook for 3 minutes, then carefully turn fish and cook for 2 to 3 more minutes on other side. You want the fish to be opaque in the center – swordfish is not one of those fish best served rare. Make a small cut in the center of the fish to check for doneness; depending on the thickness of your fish, you may need to cook it a little longer. Transfer fish to a platter and cover loosely. Heat the reserve marinade in a microwave oven or in a small saucepan over medium heat until it's hot but not boiling. Drizzle it over swordfish and sprinkle with the reserved 2 teaspoons minced rosemary. Toss the herb salad with lemon juice and olive oil; season with salt and pepper and top each piece of fish with a little mound of salad. (Nutrition information (per serving): 280 calories (40 percent from fat), 13 g fat, 4 g saturated fat, 83 mg cholesterol, 5 g carbohydrates, 44 g protein, 80 mg sodium, 2.5 g fiber)

Gratinéed Tomatoes with Asiago and Fresh Herbs

Serves 6.

Extra-virgin olive oil
3 medium beefsteak tomatoes, (about 6 oz. each), sliced 1/4-inch thick

Kosher salt and freshly ground black pepper
1/4 cup coarse fresh breadcrumbs
1/4 cup finely grated Asiago cheese
1 Tbs. chopped fresh flat-leaf parsley
1 tsp. coarsely chopped fresh thyme

Position a rack 6 inches from the broiler element and heat the broiler on high. Lightly oil a 10x12-inch (or similar size) broiler-safe baking dish. Arrange the tomato slices in the baking dish in a single, slightly overlapping layer. Sprinkle with 1/4 tsp salt. In a small bowl, mix together the breadcrumbs, Asiago, parsley, thyme, 2 tsp. olive oil, a pinch of salt, and 1/8 tsp. pepper. Sprinkle the breadcrumb mixture evenly over the tomatoes. Broil until the breadcrumbs are a deep golden-brown, 2 to 3 minutes. Drizzle with more olive oil and serve immediately.

For Pets:

Parsley Dog Biscuits

1/4 cup margarine, softened
1/2 cup powdered milk
1 egg, lightly beaten
3/4 cup hot water
2 1/2 cups whole-wheat flour
1/4 cup cornmeal
1/4 cup dried parsley

Pour hot water over margarine in a large bowl. Stir in powdered milk and egg. Stir in cornmeal and parsley. Add flour 1/2 cup at a time, stirring well after each addition. Knead dough for 4 minutes, adding more flour if necessary. Roll to 1/2-inch thickness and cut out with cookie cutters. Place on a lightly greased baking sheet and bake in a preheated 350F oven for 35-40 minutes. Allow to cool and dry out. Store in an airtight container. (An Herbal Collection)

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Resources:

Companion Plants, www.companionplants.com plants

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