

# Parsley



## Biology:

**Species:** *Petroselinum crispum*

**Family:** Apiaceae

**Plant Type:** Biennial

**Native Distribution:**

Europe and the Mediterranean

## Medicinal Properties:

Antioxidant, diuretic, rich in Vitamin C, breath freshener.

## Magickal Properties:

Parsley is associated with death and spirits. Can be invoked for communion with the realms beyond life.



## Uses:

Parsley is a robust biennial that has been used by the Ancient Romans and Greeks. Parsley is highly nutritious and contains more Vitamin C than an orange, useful in the prevention of flu. A hair rinse prepared from crushed parsley keeps head lice at bay. Infusions assist with urinary and gastric functions, however consumption of large quantities can be toxic. The oil is used against insect bites to reduce inflammation.

## Metaphysical Properties:

## Purpose, Rebirth & Vitality

“Where parsley’s grown in the garden, there’ll be a death before the year’s out.”  
a quote by Farrer 1853, luckily none of us had experienced such misfortune as it is a much loved addition to the herb garden. Since parsley is slow to emerge from the earth after sowing the Ancient Romans believed that parsley had to go to the devil and back 7 times to ask permission to germinate! This association with death can also be associated with rebirth and that even under seemingly impossible circumstances life persists. Parsley reminds us that even the devil or death itself will not dissuade us from our sense of purpose, so much so that we should grow vigorously and become a vibrant source of self-empowerment. Then we are able to sow seeds of purpose and give rise to new achievements.

