



# Parsley



- Sunlight: Needs 4–6 hours of sun daily.
- Seeds: Soak overnight before planting.
- Water: Keep soil moist, not soggy.

## Healing Benefits:

- Rich in antioxidants – Helps fight inflammation.
- Supports kidney health – Acts as a natural diuretic to flush out excess fluid.
- Boosts immune system – High in vitamin C and other immune-supporting nutrients.

## Popular Uses:

Soups, stews, salads, pasta dishes, tabbouleh, chimichurri, sauces, garnishes, green juices, and herb butters