

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Chervil (French Parsley)

Anthriscus cerefolium



Any enquiries can be directed to:
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Hardy annuals, biennials, and perennials make up this genus of 12 species native to Europe, Asia, and northern Africa. They are upright plants that resemble parsley in appearance. *A. cerefolium* native to Europe and western Asia, is one of the best herbs for containers in a cool, shady position; it combines well with other shade-loving culinary herbs, such as pineapple mint and golden lemon balm.

Anthriscus cerefolium is an aromatic biennial often grown as an annual, with hollow, furrowed stems and bright green, divided leaves. Umbels of tiny white flowers are borne in the axils in early summer, followed by tiny narrow fruits.

PARTS USED

Leaves

fish, especially in French cuisine.

It is an essential ingredient of ravigote sauces. The delicate anise flavour does not withstand drying or prolonged cooking; chervil is therefore usually added just before serving. It is also used raw in salads and as a garnish, in sprigs or finely chopped.

Medicinal

Internally used for fluid retention, rheumatism and eczema. Externally for inflamed eyelids and hemorrhoids.

CULTIVATION

Ornamental. Rich, light, moisture-retentive soil in partial shade. Propagate by seed sown at intervals of three to four weeks from early spring to early autumn. For a winter crop in cold areas, chervil may be grown under cover. It bolts in high temperatures and dry sunny positions.



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Height 30-60cm/ 12-24in)
Spread 23-30cm/9-12in

PROPERTIES

A bitter, aromatic, anise-flavored herb that acts as a cleansing tonic, especially for liver and kidneys functions, and as an expectorant.

USES OF THE HERB

Culinary

Leaves are added to dishes based on potatoes, eggs, or

HARVEST

Leaves are cut before flowering and usually used fresh. If storage is necessary, it is better to freeze than to dry them for this purpose

