



Persil (French), 香菜 (Xiangcai, Mandarin),  
अजमोद (Ajamod, Hindi), કોથમરું  
(Kôthamarī, Gujarati), perejil (Spanish)



# Parsley

*a taste of Europe on the Floridian table*

Parsley is native to the Mediterranean, and it has been cultivated in Europe for more than 2,000 years. It was brought to the Americas during European colonialism, and it remains a common ingredient in many European and Middle Eastern cuisines today. The plant grows well in containers which makes it a popular addition to kitchen gardens and herb gardens throughout Europe and the United States. Home gardeners in Florida often grow parsley as a patio plant to harvest leaves as needed and to attract pollinators.

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Smiling farmer with basket of  
parsley herbs



# CHIMICHURRI

20  
MINUTES  
TOTAL

4  
TOTAL  
SERVINGS



## INGREDIENTS

1 large garlic clove	1/4 cup red or white vinegar
1 cup chopped fresh culantro	1/3 cup of olive oil
1 cup chopped fresh cilantro	1/2 teaspoon salt
1 cup-chopped fresh flat parsley	

## DIRECTIONS

1. Place the garlic in a small food processor and process to finely mince it.
2. Add culantro, cilantro, parsley, vinegar, oil, and salt and pulse into a fine paste, scrapping the sides as needed to make sure the ingredients are fully incorporated.
3. Scrape the bowl and serve immediately.
4. Note: Chimichurri is best eaten the same day, though it will keep up to a week in the refrigerator (color will change from bright green to brown after a few days).

Recipe adapted from *Coconuts and Collards: Recipes and stories from Puerto Rico to the Deep South* by Von Diaz. University Press of Florida (2018) pg. 34

## FACTS

Archaeological evidence suggests parsley was first cultivated in the island of Sardinia more than two thousand years ago. It was used medicinally before it was a recipe ingredient, and it is mentioned in ancient texts, such as the Jewish Tanakh and Christian Gospels, several times and in Anglo-Saxon literature. Today both varieties of parsley, curly and flat, are widely used in European and Middle Eastern cuisines, and it is popular in fusion cuisine throughout the U.S.

Parsley is rich in vitamins A, C, and K; several B vitamins; calcium; and iron.

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