

### Chapter 1 : Translating a 'sprig' of herb into more concrete measurements - calendrierdelascience.com

*A sprig of parsley is a small piece of the herb. A sprig is generally between 2 and 4 inches long. In a recipe, about 1/2 teaspoon of dried parsley can be substituted for a sprig.*

My recipe calls for a sprig of fresh parsley, chopped. How big is a sprig? The problem though, is that a lot of cooking is about inexact measures such as sprigs, pinches, dashes, handfuls and the all time favorite "to taste". What all of these have in common is that they leave the details up to you and trust your experience, knowledge of the ingredient and personal preferences. So, how much can you get from one shoot of parsley, or a stalk of rosemary, or a sprig of thyme? As a general rule, parsley will give from two teaspoons up to about two tablespoons 10 to 30 ml of usable portion. A stalk of rosemary? In my garden, today, it is just under a tablespoon 15 ml. When I gather herbs from my garden, I am always rubbing them, smelling the herbs or my fingertips, and perhaps breaking off a small piece to taste. This may seem like idle fun, and to be honest I do enjoy the smell of fresh herbs as I pick them, but it also tells me how strong they are, or whether they are getting old and losing flavor or becoming bitter. An older stalk of parsley will give more leaves, and therefore more chopped parsley to use, but you may want to cut back a bit because it becomes more bitter as it gets older. Now, how to turn that into a practical guide to how much to use? Use a smaller amount to start with, and add more as you go along. Start with maybe a tablespoon of chopped parsley, prepare the dish and taste it. If necessary increase the amount. Remember that the longer the dish cooks, the more flavor compounds evaporate. When I make chili, I save half of the cilantro until the end and toss it in just before serving. Otherwise the unique flavor it adds to the dish is lessened. Pay attention as you cook to how your ingredients smell and taste as you use them. Taste them alone before you put them into the food you are cooking. While you prepare the dish, and when you eat it, try to taste the individual herbs you used. Invite and listen to feedback. If your SO finds the tarragon a little overpowering, use a bit less next time. If they say a dish was a little under flavored, add a bit more of the herbs next time. After all, cooking is about sharing with people who matter to you, so taking their tastes into account is always worthwhile. Learning all of the ins and outs of cooking takes time. Due to the volume of questions received, not all can be answered.

## Chapter 2 : Sprig | Definition of Sprig by Merriam-Webster

*When a recipe calls for a "sprig" or 8 sprigs of parsley (yes, a recipe I was using called for this amount), how much do you use? What exactly is a sprig? I'm much more comfortable with an amount that I can eyeball like a tablespoon or a quarter cup.*

**Varicose Veins Ratios for Converting Fresh Herbs to Dried** Have you ever wondered how to substitute dried herbs for fresh herbs in recipes? What are the conversion ratios you should use when replacing dried herbs with their fresh counterparts, and vice versa? The purpose of this article is to provide useful tips for all those who are interested in learning how to convert fresh herbs to dried herbs and spices. At the end of the article, you will find an extensive chart showing the conversion ratios for some of the most common kitchen herbs including thyme, basil, rosemary, garlic, bay leaves, tarragon, ginger, parsley, cilantro and onions. **The Rule of Thumb** Most healthy recipes you find in cookbooks and on the internet will require that you use some herbs, both for culinary and health reasons. Each recipe will usually specify whether you should use fresh herbs measurements typically shown in spoons or sprigs or dried herbs. Some recipes that call for fresh herbs also specify the equivalent dry amounts, in which case substituting dried herbs for fresh becomes a piece of cake. The chart included later in this article can help you determine the ideal amounts for common kitchen herbs such as rosemary, garlic and basil, but if you cannot check back when you are cooking, the following rule of thumb may be useful: **When Not to Substitute Dried for Fresh Herbs** In most cases, you can successfully substitute dried herbs in recipes that call for fresh herbs. However, there are some exceptions. If a fresh herb is a focal point of the dish, then it is usually not OK to use the dried version. For example pesto, which requires large amounts of fresh basil leaves, cannot be made with dried basil. In addition, there are certain herbs that are not well suited for use as dried herbs in cooking. For example, chefs and other foodies generally agree that it is best not to substitute dried dill, curly parsley, flat-leaf parsley, chervil or chives for their fresh counterparts as the flavor of the fresh produce is far superior in these cases. Use the dehydrated versions of these herbs as seasonings only if you really cannot get the fresh herb and cannot think of an alternative herb that you could use as a substitute in your recipe. **Conversion Ratios for Common Herbs** Use the conversion ratios shown in the table below as a general guideline when substituting dried herbs for fresh herbs, or vice versa. Be aware, however, that the ideal ratios may be impacted by a number of factors. The ideal substitution amounts can vary drastically depending on what the remaining shelf life of your dried herb is and how long the packet has been open. Furthermore, there are often significant differences between different brands. Therefore, when seasoning a dish, it is important to use your taste buds and adjust the amounts when necessary.

**Chapter 3 : How much Chopped Parsley Leaves, or Loosely Packed Leaves are in a Bunch?**

*If you just take the clump of leaves at the very end, meaning the part you cook with, then you have just parsley leaf. If you take the stem the leaves are attached to down to the branch, you have a sprig.*

Select Page Parsley In recent years parsley has gotten a bad rap. Herb Description There are three common varieties of this popular, bright green biennial: The curly type, *Petroselinum crispum*, is aptly named for the clean, fresh, crispy taste of the tightly bunched, bright green leaves. This is the parsley that is the essential ingredient in the classic flavoring: Together with tarragon, chives and chervil, parsley helps make up the traditional French flavoring blend of fine herbs. Chopped and added at the last moment, it perks up sauces and salads. The second common variety of parsley, flat leafed or Italian parsley *Petroselinum neapolitanum* has a more delicate sawtoothed leaf pattern which does not hold up as well for garnishing. There is a third and much less familiar form of parsley called Hamburg parsley or Soup parsley var. In this variety the root that is the star of the show. Its flavor is a pungent cross between celery and parsley – definitely tasty. It can be sliced raw and added to salads, or cooked and added to soups, stews, gratins, or vegetable purees. Origin and History Parsley has been cultivated and developed over so many centuries that its precise origins are difficult to pinpoint, compounded by the probability that all the parsleys we know nowadays, bear little resemblance to their ancestors. The botanical name *Petroselinum* comes from the Greek word for stone, which is *petro*, given to parsley because it was found growing on rocky hillsides in Greece. Although the Ancient Greeks did not use parsley in cooking, it was revered as a symbol of oblivion and death and as a funeral herb. According to legend, parsley sprang up where the blood of the Greek hero Archemorus was spilled when he was eaten by serpents. The Greeks used the herb to fashion wreaths for graves. The Romans are said to have used it at orgies to cover up the smell of alcohol on the breath, while also aiding digestion. Parsley is mentioned often throughout history, and not only for its culinary and medicinal properties. The early Greeks made crowns of parsley to bestow upon the winners of the Nemena and Isthmian sports games, in the same manner that bay wreaths honored the Olympians. Parsley is used in the Hebrew celebration of Passover as a symbol of spring and rebirth. It is mentioned as one of the plants in the gardens of Charlemagne and Catherine de Medici. Rumor has it that Medici is responsible for popularizing parsley when she brought it back to France from its native Italy. In medieval times parsley was surrounded by much superstition, one belief being that the long germination period for the seeds was due to them having to travel to hell and back seven times before sprouting. Superstitious farmers would refuse to transplant parsley and some were even too afraid to grow it at all. Preparation and Storage Fresh parsley, often the curly variety, is the most readily available of all fresh herbs. Buy bunches that are not wilted, with springy, erect, almost bristly leaves. Rinse thoroughly in cold water to remove any grit that may have become trapped in the curly leaves and squeeze dry. To store, either put the bunch of parsley in a glass of water then keep it in the refrigerator, or wrap the fresh sprays in foil and freeze them. Dried parsley is best purchased in small amounts and regularly, as it loses its color and flavour rapidly when sitting on a supermarket shelf. Always store away from any source of direct light and keep in airtight packaging away from extreme heat and humidity. Drying Parsley Wash and drain the parsley on some paper towel and then place the sprigs on a microwave proof plate. Microwave for 30 seconds and then turn the sprigs over and blast another 30 seconds. Leave to cool and see if the sprigs are brittle – if they are, then crumble them into jars, if not, give them another 30 seconds. It helps add color to pestos. Deep-fried, it makes an intriguing garnish. The ancient Romans combined parsley with cheese and bread for meals. The fresh flavour and crisp mouth-teel of parsley makes it an ideal accompaniment to most foods. It is traditionally featured in well-known herb blends like fines herbes with chervil, chives and tarragon and in bouquet garni with thyme, marjoram and bay leaves. Fresh or dried parsley may be used in omelets, scrambled eggs, mashed potatoes, soups, pasta and vegetable dishes and in sauces to go with fish, poultry, veal and pork. It is included with garlic and butter for making garlic bread or simply garnishing a juicy, sizzling barbecued steak. Parsley is a key ingredient, along with mint in the healthy and nutritious Middle Eastern salad, tabouleh. Flat-leaved parsley is found in Moroccan dishes, from spiced tagines with preserved lemons, to dishes flavored by a

chermoula blend that includes coriander leaves, onions, cumin and cayenne pepper. With its stronger flavour, it is more frequently used in cooking, particularly since it stands up well to heat. Persillade and gremolada are two well known sauces which have parsley as one of the main ingredients. Persillade, a French sauce, is a sauteed mixture of finely chopped parsley and garlic. It is added just before serving to broiled meats, particularly lamb and beef, as well as chicken or vegetables. Gremolada is a Milanese condiment made of sauteed parsley, garlic, lemon and orange zest. This mixture is traditionally spread over osso bucco just before serving, although it enhances any braised meats. Parsley Substitute You may substitute fresh parsley with dry ones and vice versa. One teaspoon of dried parsley is equivalent to one tablespoon of fresh parsley. Celery tops and cilantro can also be used as a parsley substitute. Even Italian and curly varieties can be used as a substitute for each other. Health Benefits of Parsley Parsley Root has been used medicinally since ancient times for digestive disorders, bronchitis, and urinary tract problems. As far back as Hippocrates parsley was used in medicinal recipes for cure-alls, general tonics, poison antidotes, anti-rheumetics and formulas to relieve kidney and bladder stones. In Russia, a preparation containing mostly Parsley juice is given during labor to stimulate uterine contractions. The juice has been used to treat toothache, and as a hair rinse or as a facial steam for dry skin. Other uses for Parsley Root have been to tone the urinary tract reducing the possibility of infections, alleviate painful menstruation, lowering blood pressure and improving asthma, allergies and bronchitis by drying excessive mucous. Modern science has confirmed many of these claims. Parsley is rich in vitamins and minerals, particularly vitamins A and C, and compounds that clear toxins from the body. It also reduces inflammations, contains histamine inhibitors and is a free radical scavenger. Commercially, oil from the seeds is used to scent Oriental style perfumes and colognes. Because of the high chlorophyll content, it acts as a great breath freshener. Scientists have even isolated a compound, apiol, which is now used in medications to treat kidney ailments and kidney stones. Growing Parsley Both Italian and curly varieties are biennials, but are usually treated as annuals, planted anew each spring. The process to start a parsley plant from seed is a very slow one: Even then they may not sprout for several weeks. Six plants, set 8 inches apart, will supply the average family and allow enough for freezing or drying. You can lift the plants in late September, cut them back, and grow parsley on a window ledge through the winter. Protected window boxes seeded in early autumn will produce a late-autumn crop. The tufted leaves are ready to harvest the first year, and most gardening books recommend planting anew from starts each year. When they flower in the second year, they produce tiny, cream colored blossoms. For vigorous growth, parsley needs fertile soil and adequate water.

## Chapter 4 : Parsley - The Epicentre

*Parsley is a ubiquitous herb with a dark green leaf color and deeply cut lobes. A sprig of parsley can be anything from a single leaf to the terminal end of a single plant.*

**References Health Benefits** A sprig of parsley can provide much more than a decoration on your plate. Parsley contains two types of unusual components that provide unique health benefits. The first type is volatile oil components—including myristicin, limonene, eugenol, and alpha-thujene. The second type is flavonoids—including apiin, apigenin, crisoeriol, and luteolin. Myristicin has also been shown to activate the enzyme glutathione-S-transferase, which helps attach the molecule glutathione to oxidized molecules that would otherwise do damage in the body. A Rich Source of Anti-Oxidant Nutrients The flavonoids in parsley—especially luteolin—have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules called oxygen radicals and help prevent oxygen-based damage to cells. In addition, extracts from parsley have been used in animal studies to help increase the antioxidant capacity of the blood. In addition to its volatile oils and flavonoids, parsley is an excellent source of vitamin C and a good source of vitamin A notably through its concentration of the pro-vitamin A carotenoid, beta-carotene. Vitamin C has many different functions. High levels of free radicals contribute to the development and progression of a wide variety of diseases, including atherosclerosis, colon cancer, diabetes, and asthma. This may explain why people who consume healthy amounts of vitamin C-containing foods have reduced risks for all these conditions. Vitamin C is also a powerful anti-inflammatory agent, which explains its usefulness in conditions such as osteoarthritis and rheumatoid arthritis. And since vitamin C is needed for the healthy function of the immune system, it can also be helpful for preventing recurrent ear infections or colds. Beta-carotene, another important antioxidant, works in the fat-soluble areas of the body. Diets with beta-carotene-rich foods are also associated with a reduced risk for the development and progression of conditions like atherosclerosis, diabetes, and colon cancer. Like vitamin C, beta-carotene may also be helpful in reducing the severity of asthma, osteoarthritis, and rheumatoid arthritis. And beta-carotene is converted by the body to vitamin A, a nutrient so important to a strong immune system that its nickname is the "anti-infective vitamin. While it plays numerous roles in the body, one of its most critical roles in relation to cardiovascular health is its necessary participation in the process through which the body converts homocysteine into benign molecules. Homocysteine is a potentially dangerous molecule that, at high levels, can directly damage blood vessels, and high levels of homocysteine are associated with a significantly increased risk of heart attack and stroke in people with atherosclerosis or diabetic heart disease. Enjoying foods rich in folic acid, like parsley, is an especially good idea for individuals who either have, or wish to prevent, these diseases. Folic acid is also a critical nutrient for proper cell division and is therefore vitally important for cancer-prevention in two areas of the body that contain rapidly dividing cells—the colon, and in women, the cervix. Protection against Rheumatoid Arthritis While one study suggests that high doses of supplemental vitamin C makes osteoarthritis, a type of degenerative arthritis that occurs with aging, worse in laboratory animals, another indicates that vitamin C-rich foods, such as parsley, provide humans with protection against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints. The findings, presented in the *Annals of the Rheumatic Diseases* were drawn from a study of more than 20, subjects who kept diet diaries and were arthritis-free when the study began, and focused on subjects who developed inflammatory polyarthritis and similar subjects who remained arthritis-free during the follow-up period. Subjects who consumed the lowest amounts of vitamin C-rich foods were more than three times more likely to develop arthritis than those who consumed the highest amounts. So, next time parsley appears on your plate as a garnish, recognize its true worth and partake of its abilities to improve your health. Description While parsley is a wonderfully nutritious and healing food, it is often under-appreciated. Most people do not realize that this vegetable has more uses than just being a decorative garnish that accompanies restaurant meals. They do not know that parsley is actually a storehouse of nutrients and that it features a delicious green and vibrant taste. The two most popular types of parsley are curly parsley and Italian flat leaf parsley. The Italian variety has a more fragrant and less bitter taste than the

curly variety. There is also another type of parsley known as turnip-rooted or Hamburg that is cultivated for its roots, which resemble salsify and burdock. Parsley belongs to the Umbelliferae family of plants, and its Latin name is *Petroselinum crispum*. History Parsley is native to the Mediterranean region of Southern Europe. While it has been cultivated for more than 2, years, parsley was used medicinally prior to being consumed as a food. The ancient Greeks held parsley to be sacred, using it to not only adorn victors of athletic contests, but also for decorating the tombs of the deceased. The practice of using parsley as a garnish actually has a long history that can be traced back to the civilization of the ancient Romans. While it is uncertain when parsley began to be consumed as a seasoning, it seems to be sometime in the Middle Ages in Europe. Some historians credit Charlemagne with its popularization since he had it grown on his estates. In some countries, the curly leaf variety is more popular. Turnip-rooted or Hamburg parsley, a relatively new species, having only been developed within the past two hundred years, has only recently begun gaining popularity.

**How to Select and Store** Whenever possible, choose fresh parsley over the dried form of the herb since it is superior in flavor. Choose fresh parsley that is deep green in color and looks fresh and crisp. Avoid bunches that have leaves that are wilted or yellow as this indicates that they are either overmature or damaged. Just like with other dried herbs, if you choose to purchase dried parsley flakes, try to select organically grown parsley since this will give you more assurance that the herbs have not been irradiated. Fresh parsley should be kept in the refrigerator in a plastic bag. If the parsley is slightly wilted, either sprinkle it lightly with some water or wash it without completely drying it before storing in the refrigerator. If you have excess flat leaf parsley, you can easily dry it by laying it out in a single layer on a clean kitchen cloth. Once dried, it should be kept in a tightly sealed container in a cool, dark and dry place. Curly leaf parsley is best preserved by freezing, as opposed to drying. Although it will retain most of its flavor, it has a tendency to lose its crispness, so it is best used in recipes without first thawing.

**Tips for Preparing and Cooking** Tips for Preparing Parsley Fresh parsley should be washed right before using since it is highly fragile. The best way to clean it is just like you would spinach. Place it in a bowl of cold water and swish it around with your hands. This will allow any sand or dirt to dislodge. Remove the leaves from the water, empty the bowl, refill it with clean water and repeat this process until no dirt remains in the water. Since it has a stronger flavor than the curly variety, Italian flat leaf parsley holds up better to cooking and therefore is usually the type preferred for hot dishes. It should be added towards the end of the cooking process so that it can best retain its taste, color and nutritional value. If you are making a light colored sauce, use the stems from this variety as opposed to the leaves, so the sauce will take on the flavor of parsley but will not be imparted with its green color.

**How to Enjoy A Few Quick Serving Ideas** Combine chopped parsley with bulgur wheat, chopped green onions scallions , mint leaves, lemon juice and olive oil to make the Middle Eastern classic dish, tabouli. Add parsley to pesto sauce to add more texture to its green color. Combine chopped parsley, garlic and lemon zest, and use it as a rub for chicken, lamb and beef. Use parsley in soups and tomato sauces. Serve a colorful salad of fennel, orange, cherry tomatoes, pumpkin seeds and parsley leaves. For some of our favorite recipes, click [Recipes](#).

**Nutritional Profile** Parsley is an excellent of vitamin K and Vitamin C as well as a good source of vitamin A, folate and iron. Its flavonoids include apiin, apigenin, crisoeriol and luteolin.

**Introduction to Food Rating System Chart** In order to better help you identify foods that feature a high concentration of nutrients for the calories they contain, we created a Food Rating System. This system allows us to highlight the foods that are especially rich in particular nutrients. The following chart shows the nutrients for which this food is either an excellent, very good, or good source below the chart you will find a table that explains these qualifications. It simply means that the nutrient is not provided in a sufficient amount or concentration to meet our rating criteria. This serving size will tell you how much of the food you need to eat to obtain the amount of nutrients found in the chart. For most of our nutrient ratings, we adopted the government standards for food labeling that are found in the U.

Chapter 5 : calendrierdelascience.com EarthBound Walkthrough - Full Item List

*Sprigs of Parsley, Nassau City, New Providence, Bahamas. 3, likes Â· 4 talking about this Â· 1 was here. Sprigs of Parsley is a vegan dinner delivery.*

The custom of decorating a dinner plate with a sprig of parsley supposedly came from a French control-freak uber-chef who would not let any platter, salver, or charger leave his kitchen without his personal inspection. The parsley placement ploy was his indication that the plate was ready to be served. The parsley principle caught on big time, and dinners ever since have been decorated this way in fancy eateries as well as in greasy-spoon diners. It became so ordinary that it is now considered to be old-fashioned. Every Plate Needs Something Green. Roulades of beef, boiled potatoes, sauerkraut. The parsley perks it up. I would rather chew my parsley than eschew it. The flavor is fresh. It goes so well with potatoes, rice and almost all kinds of fish, poultry or meat, as well as stews, soups and casseroles. This freshness is especially appreciated in the winter when fewer fresh greens of good quality are available. It makes other food look better. That bright green color does a lot to make a dinner plate look appealing. I like to see my little parsley bouquet on the windowsill. Most important, It is nutritious. A small sprig of parsley is the equivalent of a regular serving of vegetables. It is high in vitamins, C, A, B, K and iron. It is a good source of folic acid, antioxidants and other nutrients. If you have kidney or gall bladder problems-- you might want to avoid too much parsley because of the oxyates that might lead to stone formation. I like both Italian and curly parsley. I think the flat-leaf Italian kind has more flavor for cooking. Even when you already have something green, it helps. Source Use the best stems to put in a vase. Choose sturdy, crisp stems. If it is limp, yellowish, has lots of soil on it, or smells funny, skip it. You would be better off using dried parsley, which is a poor substitute though it still has some nutritional value. The leaves should be deep green. The stems should be crisp, firm, long and unbroken. It is best to find parsley with sturdy stems. If they are thin, the plants in your vase will wilt quickly. You can keep it fresh by placing it in a plastic bag in the refrigerator, but I like to keep it, at least some of it, in a little vase on the kitchen windowsill. It keeps just as long, looks pretty, and is handy to use. To keep it in a vase or glass of water, you basically treat the parsley like cut flowers. First, I sort out the stems and select the thickest, sturdiest ones. If some of them are skinny, limp, broken or very short, I discard those pieces, or immediately use them. Gather up the selected sturdy stems and snip off the cut ends in a bowl of water. Keep the water level in the glass or vase, above the bottom of the stems. The cut stems in a vase should keep well for a week or more. Take a peek at the bottoms of the stems now and then. If they are turning brown take them out and trim them again, under water. I like to keep mine in a tall skinny clear crystal or glass vase so I can easily see the water level. The level will decrease as the leaves transpire and dry. Make sure the stems are in the water and trim the stems when they start to get brown on the lower edge. Source What about live plants? Of course, you will have to be careful not to cut too many stems and wait for it to grow out. It also needs a deep pot, because the plant develops a long taproot. Many and various health benefits have been ascribed to parsley from inhibiting tumors to freshening breath. It is native to the Mediterranean areas of Europe, though most commercially grown parsley now comes from California. The ancient Greeks considered the plant to be sacred. I like it better for decorating plates. You can put it in your soup-- before and after cooking. Can I sprinkle dried parsley on my rice or soup?

### Chapter 6 : How many teaspoons of dry parsley equal 2 sprigs of fresh

*Technically, a sprig is a small branch or shoot of a plant. Unfortunately, that's pretty much useless knowledge in the kitchen. The problem though, is that a lot of cooking is about inexact measures such as sprigs, pinches, dashes, handfuls and the all time favorite "to taste".*

How many teaspoons to a dry ounce? There are 3 teaspoons in a tablespoon. I need to figure how many teaspoons are in. This does not answer my question. What is the ratio of one sprig of fresh thyme to dry thyme? With thyme one fresh sprig equals one-half teaspoon of dried thyme. In general, use two to three times the amount of fresh thyme as dried. When adding to soups and stews, crush the leaves between your hands before stirring it in your recipe. How do you dry parsley? Wash the parsley thoroughly and drain off the excess water in a colander. Shake off as much water as possible, then gently pat the parsley dry with paper towels or dish towels. Bunch the parsley loosely and place it inside a brown paper bag. Fold the top of the bag over so that it closes but does not crush the parsley. Put this bag in the refrigerator. Allow the parsley to dry in the refrigerator for about a month. At cold temperatures, the herbs will still dry nicely but they will retain the greatest amount of their original color and flavor. When the parsley is dry and ready to use, just roll the leaves back and forth between your fingers to crush them up and sprinkle them in or on dishes. Store the unused portion in the same paper bag in the refrigerator until completely consumed ml equals how many teaspoons? How many grams in a teaspoon dry? In some countries, the teaspoon is used as a unit of volume, especially in cooking recipes and pharmaceutical prescriptions. It is abbreviated in English as t. A teaspoon is often taken to mean 5 millilitres. Teaspoon dry has the problem of the unknown specific weight, also known as the unit weight, is the weight per unit volume of a material, like sugar or powder sugar.

### Chapter 7 : How Big is a Sprig - KitchenSavvy

*Save a sprig of parsley to get e-mail alerts and updates on your eBay Feed. + Items in search results A Sprig of Parsley & A Sprig of Mint by John Midgley (2 Hardbacks, LikeNew).*

### Chapter 8 : Using Fresh Parsley as a Garnish | Delishably

*Some say a sprig of Parsley is a natural freshener for breath with the odour of garlic or onion on it. The truth of the matter is, it doesn't make any huge great improvement, not like a gulp of mouthwash would, and you'd have to be really close for a little sprig to make any discernible difference.*

### Chapter 9 : What is a Sprig? | HowStuffWorks

*A bunch of Italian (flat-leaf) parsley has more sprigs and weighs more than a bunch of curly parsley. However when chopped, the curly parsley yields almost twice as much as the Italian parsley. While both parsleys have their own unique flavor, most recipes that call for "parsley" are referring to Italian.*