

PARSLEY



HOW DOES IT TASTE?

Parsley is an herb that has a bright, peppery, and earthy taste.

HOW DO I PICK IT?

Look for crisp bright green leaves with no wilting. There are two common types of parsley, curly and flat. It is in season from spring until winter but it is available year-round.

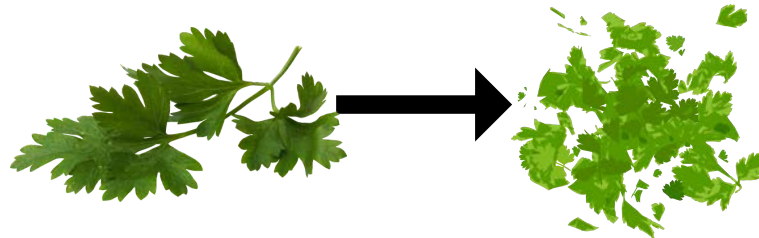
HOW DO I STORE IT?

Place your bundle of parsley in a container filled with 1 inch of water and loosely cover the container with a plastic bag and store in the refrigerator.



HOW DO I PREPARE IT?

1. Rinse the parsley in cool running water. Pat dry.
2. Chop the leaves away from the stem (discard stems) and use however you like.



Chop the parsley leaves and garnish any dish to add an herby flavor. Add to **salads** or **puree** into sauces, pestos, dips, or soups. Use in a **marinade** or combine with olive oil.

ORZO SALAD

Ingredients

1 cup uncooked orzo pasta
 ¼ cup pitted green olives
 1 cup crumbled feta cheese
 3 tablespoons chopped fresh parsley
 1 large ripe tomato, chopped
 1 tablespoon olive oil
 2 tablespoons lemon juice
 ½ teaspoon dried dill
 Black pepper to taste

Directions

1. Cook orzo according to package directions.
2. In a large bowl, combine cooked orzo with olives, feta cheese, parsley, and tomato.
3. In a small bowl, whisk together the oil, lemon juice and dill.
4. Pour over pasta and mix well.
5. Season with pepper and serve!

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KITCHEN TIP!

Freeze extra parsley instead of throwing it out. Chop, mix with a small amount of oil, then seal in a plastic freezer bag and place in the freezer.