

to be good for congestion of the kidney, dropsy, gravel, jaundice, and stone. Parsley tea was once served the troops in the trenches suffering from dysentery. Bruised leaves are used to alleviate insect bites and to get rid of lice and skin parasites. Various parts of the plant have been used for tumors of the bladder, breast, eyes, liver, sinews, spleen, throat, and uvula; indurations of the bladder, kidney, liver, spleen, stomach, and uterus; and condylomata, warts, and whitlows.⁴ Leung suggests that parsley does, in fact, have antimicrobial, hypotensive, laxative, and tonic properties.²⁹ Parsley herb tea is "used to treat gallstones."²⁹

Leaves, stems, and fruits contain the glucoside apiin, which on hydrolysis yields apigenin, glucose, and apiose. Parsley seed oil contains 1-allyl-2,3,4,5-tetramethoxybenzene, apiole, myristicin, palmitic acid, petrosilane, α -pinene, and various aldehydes, ketones, and phenols. Parsley leaf oil contains apiole, ethanol, hex-3-en-1-yl acetate, and *cis*-3-hexen-1-ol, that of the "Curley Moss" cultivar up to 85% myristicin. A good source of calcium, iron, vitamin A, and C, the green leaves, per 100 g, contain 68.4% water, 5.9% protein; 1.0% fat; 19.7% carbohydrate, 1.8% fiber; 3.2% mineral matter, 390 mg Ca, 200 mg P, 17.9 mg Fe, 3200 IU vitamin A, 0.04 mg thiamine, 0.5 mg nicotinic acid, and 281 mg ascorbic acid. It contains the furocoumarin, bergapten, which may cause skin reactions in some people. Flavonoids include apiin, luteolin-7-apioglucoside, apigenin 7-glucoside, and luteolin-7-diglucoside. Leung lists other ingredients as well.²⁹ Per 100 g, dried parsley is reported to contain 276 calories, 9.0 g H₂O, 22.4 g protein, 4.4 g fat, 51.7 g total carbohydrate, 10.3 g fiber, 12.5 g ash, 1.468 mg Ca, 351 mg P, 97.9 mg Fe, 249 mg Mg, 452 mg Na, 3805 mg K, 4.8 mg Zn, 23,340 IU vitamin A, 0.17 mg thiamine, 1.23 mg riboflavin, 7.9 mg niacin, 122 mg ascorbic acid, and 1.0 mg vitamin B₆.⁸⁹

Toxicity — In one canning factory, the majority of female workers preparing parsley developed vesicular inflammation and purple discoloration of the skin and hands, followed by puberulent folliculitis and carbuncles. Oil of parsley in perfumery can also cause dermatitis.⁶ The apiol in parsley, used for ague, nervous ailments, and formerly official in the U.S. as an antipyretic and emmenagogue, can be poisonous. In large doses the oleoresin of parsley (apiol, apiolin, and myristicin) produces giddiness and deafness, fall of blood pressure, and some slowing of the pulse and paralysis, followed by fatty degeneration of the liver and kidney, similar to that caused by myristicin.