

# Flat Leaf Italian Parsley

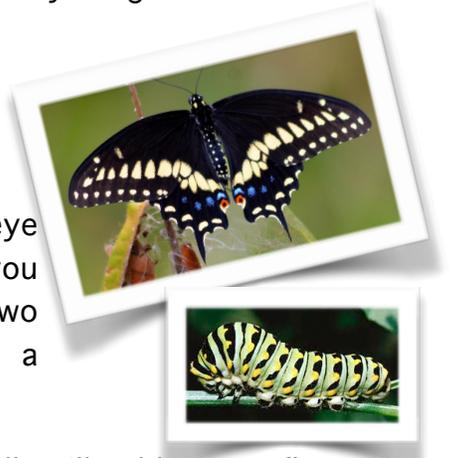
*more than just a pretty face*



It not only brightens every dish you add it to, it is also high in nutrients essential to good health see benefits on [page 23 in Volume 4](#) Flat leaf parsley is readily available in all produce departments. Plus it is easy to grow in your garden or in pots on your patio.

Just plant plenty as the black swallow butterfly loves to lay her eggs on it to feed her baby

caterpillars. They can strip a plant in a single day. Keep an eye out for the mama butterfly and watch for her eggs. When you see the baby caterpillars appear move them to one or two plants and harvest the rest. You can dry the leaves in a dehydrator or chop them for freezing in snack size bags.



The leaves will no longer be suitable for fresh use but will still add great flavor in cooking. If you are growing them in pots be sure to move the pots to the edge of the grass so these beautiful creatures can make their way safely to nearby bushes and trees. If they have to walk on hot bricks or sidewalks it will kill them. The plants will revive themselves and produce more leaves once the caterpillar's move on.

---

## Pomegranates



May wonders never cease? While preparing a pomegranate the other day I notice I had made a cup or raspberry tea but failed to drink it. There it sat on the counter looking all sad and forgotten. So why not dump them in the cup of tea..

YUMMMMMMMY !!!!! What a delightful treat in the middle of the day, while recovering from a cold. Especially since I bought them on sale. The instructions for cleaning pomegranates on page 45 of [Cooking with Judy](#).

Every choice before you represents the universe inviting you to remember who you are and what you are here to do. *Alan Cohen*

Intuition will tell the thinking mind where to look next. - *Jonas Salk*