

Did You Know?



Chervil, *Anthriscus cerefolium*

- Chervil is also known as French parsley or garden chervil.
- The leaves are the culinary part of the plant. The flavor of chervil is subtle, like a blend of parsley and tarragon with small hints of mint and anise.
- The delicate leaves of chervil resemble curly parsley or carrot leaves (they are in the same family, Apiaceae).
- Chervil has a subtle aroma similar to myrrh and therefore was once called myrrhis by the Romans.
- Chervil is used in the French blend *herb fines*, along with chives, tarragon and parsley, and is an ingredient in classic Béarnaise sauce .
- Considered a cool weather herb, chervil flourishes in cooler temperatures of the spring and fall and is generally grown from seeds. Sow seeds successively for a few weeks in the spring and fall to extend the season.
- Due to the tap root, chervil plants do not transplant well.
- Grow in full sun to light shade, though in very warm climates chervil benefits from afternoon shade. Mulch around the plants to maintain moisture.
- The white umbel flower appears as temperatures warm in late spring or early summer. The flavor of the leaves will turn bitter when the plant flowers. The flowers are edible and have a delicate anise flavor.
- Chervil has been used medicinally to treat various ailments since ancient times. The ancient Greeks created spring tonics and Pliny the Elder (23-79 CE) added it vinegar to cure the hiccups; other early herbalists used it to treat eye and digestive issues, the plague, wrinkles, purify the blood, and lower blood pressure, among other uses.

It is the policy of The Herb Society of America, Inc. not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment. Please consult a health care provider before pursuing any herbal treatments.