

Hoosier Botanicals™

CILANTRO/CORIANDER (*Coriandrum sativum*)

In the Kitchen...

Coriander leaves have a bold taste combining a strong sage flavor with a tangy citrus note. You will find it in the cuisine of Southeast Asia, China, Mexico, East India, South America, Spain, Central Africa and Central America. The roots have an added nutty taste while the seeds simply taste of citrus and are used in Thai cooking minced and added to salads and relishes.

Blender Salsa (makes 2 cups) In a small pan, simmer 3 chopped medium tomatoes and 8 chopped jalapeno chilies for 10 minutes; drain. Place in blender and add 1 chopped clove of garlic, ¼ cup chopped onion, 1 bunch cilantro chopped, ½ tsp salt and ¼ cup water. Blend until smooth.

Chili with Herbs Chop 2 medium onions and 1 green pepper and sauté in hot fat, using large skillet. Add 1 lb ground beef. Brown well. Add 3 tbsp bacon drippings, 2 cups cooked chopped tomatoes, 1 can red kidney beans, 1 can cooked spaghetti (optional), 1 tsp salt, 2 tsp chili powder and 1 tsp dried oregano. Cook over low heat 15 minutes. Chop 4 tbsp fresh cilantro and garnish each bowl.



Part used: Leaves, seed and root

Condition: Fresh leaves or root and dried seed

Ethnic span: Mexican, Caribbean, and Oriental dishes

Methods: Root-minced, seed-whole or ground, leaves-mince or whole as garnish

Storage: Dry seeds

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In the Garden...

Sow seeds directly into beds after the last spring frost in your area, as the roots are long and difficult to transplant. Plant ½" deep and 4–10" apart. Plant in full sun in northern areas for spring plantings and in partial or filtered shade in the South for summer plantings. Thin, if necessary, to allow at least 4" between plants. Weed and mulch early in the growing season. Don't over fertilize as too much nitrogen in the soil produces a less flavorful plant. It is susceptible to root rot and leaf spot in poorly drained soil.

Harvest leaves (cilantro) when plants are 5–6" tall gathering leaves in the morning during spring and summer before plant blooms. Harvest seed (coriander) promptly when the leaves and flowers have become brown, but before the seeds have had a chance to scatter. Cut the whole plant and hang to dry, gathering the seed as it falls or by threshing it out for further drying. Seed that has not been dried will have a bitter taste.

www.hort.purdue.edu/newcrop/6pac



Carrot family—
Umbelliferae

Native to Mediter-
ranean region

Annual

Full sun to partial
shade

Moderately rich,
light, well-drained
soil with pH 6.6

Grows to 2–3'

Space 4–10"

Flowers June–August

White to pink,
mauve, or reddish
blossoms

Propagate by seed