

Coriander, Cilantro, Chinese Parsley

Family	Apiaceae
Botanical	Coriandrum sativum
Parts Used	Ripe seeds, leaves
USDA Hardiness	N/A
Light	Full Sun to Part Shade
Soil	Well drained
Duration	Annual



Propagation	Soil pH requirements: 6.1 (mildly acidic) to 7.8 (mildly alkaline). Sow from seed, direct sow after last frost.
Water	As needed, do not overwater
Growing	In the hottest part of the summer, it bolts in about 3 weeks here in Virginia Beach. Plant where the roots are shaded and cool and the top has sun.

Medicinal Uses	Carminative, aromatic and anti-microbial
Benefits	Helps the digestive system get rid of wind and ease the spasm pain (colic). Eases diarrhea, especially in children.
Preparation	The flowering heads are collected in late summer and left to ripen. Infusion: Pour a cup of boiling water on 1 teaspoon of the bruised seeds and let infuse for 5 minutes in a closed pot. This should be drunk before meals to increase the secretion of the digestive juices.

Fines Herbes

Culinary Uses

Always use cilantro fresh, never dried or frozen because it loses its flavor. In uncooked salsas, it is tossed with the other chopped ingredients; in cooked salsas, it is most often added as a freshly chopped garnish. It's added to most cooked foods toward the end of cooking to preserve its color, flavor, and texture. Coriander is the seed of Cilantro. They are used whole or ground as a flavoring for food and as a seasoning. The seeds are used in curries, curry powder, pickles, sausages, soups, stews, and ratatouille.

Lime Cilantro Rice

Ingredients:

- 2 cups water
- 1 tablespoon butter
- 1 cup long-grain brown rice
- 1 teaspoon lime zest
- 2 tablespoons fresh lime juice
- 1/2 cup chopped cilantro

Directions:

1. Bring the water to a boil; stir the butter and rice into the water. Cover, reduce heat to low, and simmer until the rice is tender, about 20 minutes.
2. Stir the lime zest, lime juice, and cilantro into the cooked rice just before serving.



Historical Facts

Coriander grows wild over a wide area of the Near East and southern Europe, prompting the comment, "It is hard to define exactly where this plant is wild and where it only recently established itself. Fifteen desiccated mericarps (seeds) were found in the Pre-Pottery Neolithic B level of the Nahal Hemar Cave in Israel, which may be the oldest archaeological find of coriander. About half a litre of coriander mericarps were recovered from the tomb of Tutankhamen, and because this plant does not grow wild in Egypt, this find is proof that coriander was cultivated by the ancient Egyptians. Coriander seems to have been cultivated in Greece since at least the second millennium BC. One of the Linear B tablets recovered from Pylos refers to the species as being cultivated for the manufacture of perfumes, and it appears that it was used in two forms: as a spice for its seeds and as a herb for the flavour of its leaves. This appears to be confirmed by archaeological evidence from the same period: the large quantities of the species retrieved from an Early Bronze Age layer at Sitagroi in Macedonia could point to cultivation of the species at that time.

Coriander was brought to the British colonies in North America in 1670, and was one of the first spices cultivated by early settlers.

Additional Tips

In the Bible, Exodus, XVI, 31 mentions coriander.

Nutrition Facts

A good source of Thiamin and Zinc, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Riboflavin, Niacin, Vitamin B6, Folate, Pantothenic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese.