

Cilantro (Coriander) (carrot family)



Seed Starting/Propagation:

Start seeds outdoors after the last frost date. Plant 6" apart or 1 per square foot in part shade, poke a hole in the soil about ½ " and place in seed. Plant every two weeks for a continuous harvest into summer.

Care:

Cilantro likes moist soil so water weekly or more if needed.

Companions:

Repels aphids so planting next to aphid problem plants will help keep them at bay.

Harvesting/Preserving:

Start picking outer leaves any time after the plant is 6" tall.. The more you cut the more new growth you will have and less likely chance of it bolting. This is one plant that is best fresh, it does not preserve well, except maybe freezing.

Seed Saving:

This is a two for one plant, giving us yummy cilantro in spring and early summer and coriander seeds once the plant has bolted. Let the plant bolt, turn brown and produce the coriander seeds, cut off heads and place in a paper bag to finish drying, then shake out. You can also leave them on the plant to drop seed for a fall harvest.

Nutrients & Healing Properties:

Cooling plant that aids digestion, relieves nausea, gas, bloating, and upset stomach. Coriander is high in carotene, calcium, protein, vitamin B1, niacin and minerals.