



Part Sun ☀

Average Water 💧💧

SEDAN FLORAL GROWN SAFE™
CILANTRO (CORIANDER)

Coriander is an annual herb. It is a soft, hairless plant growing to 20" tall. The leaves are variable in shape, broadly lobed at the base of the plant, and slender and feathery higher on the flowering stems. The flowers are small umbels, white or very pale pink with the petals pointing away from the center of the umbel longer. All parts of the plant are edible, but the fresh leaves and the dried seeds are commonly used in cooking. The leaves are referred to as coriander leaves. Cilantro leaves have a different taste from the seeds, with citrus overtones. As heat diminishes their flavor quickly, coriander leaves are often used raw or added to the dish immediately before serving. The leaves spoil quickly when removed from the plant and lose their aroma when dried or frozen. The dry fruits are known as *coriander seeds* or *coriandi seeds*. The word coriander in food preparation may refer solely to these seeds (as a spice), rather than to the plant itself. The seeds have a lemony citrus flavor when crushed; it is described as warm, nutty, spicy, and orange-flavored. Seeds can be roasted or heated on a dry pan briefly before grinding to enhance and alter the aroma. Ground coriander seed loses flavor quickly in storage and is best ground fresh.

Where to Plant

- Border or Bed
- Container
- Focal Point
- Fragrant
- Mass Planting

Cuisine

- Caribbean
- Chinese
- Mediterranean
- Mexican
- Spanish
- Thai
- Vietnamese

Complimentary Foods

- | | | |
|---------|-----------------|-----------|
| Avocado | Mayonnaise | Salads |
| Chicken | Peppers | Salsas |
| Fish | Pork | Shellfish |
| Lamb | Rice | Tomatoes |
| Lentils | Root vegetables | Yogurt |

Flavor Pals

- Basil
- Chiles
- Cumin
- Curry
- Fennel
- Garlic
- Marjoram
- Mint



A fresh and healthy
 way to
 better living™