



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™

