

# CORIANDER

by *Yvonne Dinish*

Like several other plants, *coriander* is both herb and spice, and is primarily used today for culinary purposes. The leafy part of the coriander plant is called *cilantro*, and what we use as *coriander* is the seed – either whole or ground. This aromatic annual is native to the Mediterranean region, and has been cultivated for over 3000 years. Although it has a medicinal history in the treatment of indigestion, it is as a culinary herb that coriander is widely used all over the world. In India, its fragrant seeds are used to flavor curries while its leaves, cilantro, are used in chutneys. In Latin America, its leaves flavor fish, meat, and poultry dishes as well as salsas. In French cooking, coriander seeds are essential for dishes “*a la Grecque*”, while in Germany it flavors sausages.



In the home garden, coriander is easily cultivated in moderately rich, well-drained soil in full sun to light shade. When harvested as cilantro, it is best before the plant goes to seed at which point the leaves are more bitter.

## SOURCES:

1. *A Pocket Guide to Herbs*
2. *Herbs for Healthy Living*
3. *The Plant Finder, Tony Rodo and Geoff Bryant, Consultants (This is a compendium of over 5,000 plants)*