

Did You Know?



Coriander *Coriandrum sativum*

- Coriander and cilantro are the same plant. The seeds from this plant are referred to as coriander and the leaves are referred to as cilantro or Chinese parsley.
- Both the seeds and leaves have had culinary uses since medieval times. All parts of the plant are edible.
- The name comes from the Greek word *koris*, meaning bedbug since the unripe coriander fruit has a disagreeable “buggy” smell.
- Coriander seeds have a pleasant, spicy aroma when mature and dry and a flavor that is described as citrusy, nutty and spicy when crushed.
- Coriander is used in cuisines world-wide, including in spice blends like curry powder, garam masala and berbere.
- Coriander seeds are referred to as one of the bitter herbs in the Bible and eaten at the first Passover. In addition, manna was described as being the color of coriander seeds.
- Healing properties were associated with coriander in early Roman and Chinese medicine and research continues today.
- During World War II, the seeds were coated in white or pink sugar and thrown from carnival wagons. These confections or confetti were eventually replaced by balls of colored paper and is how confetti got its name.
- Coriander seed is used in the making of gin as well as many other distilled spirits and herbal liqueurs.
- The seeds may be used whole, crushed or ground in cooking.