

DID YOU Know...



CILANTRO

Coriandrum sativum

- Coriander and cilantro are the same plant. The seeds from this plant are referred to as coriander and the leaves referred to as cilantro or Chinese parsley.
- *Coriandrum sativum* is native to the eastern Mediterranean region.
- Both the seeds and leaves have had culinary uses since medieval times.
- Some people may be genetically predisposed to dislike cilantro, according to studies by Charles J. Wysocki of the Monell Chemical Senses Center in Philadelphia. Or it could be that one's positive or negative experiences with the flavor of the herb, influenced by cultural exposure, plays a role in whether one likes the flavor or not.
http://www.nytimes.com/2010/04/14/dining/14curious.html?_r=0
- Cilantro is popular in Mexican, Asian and Indian dishes.
- The leaves and tender stems of cilantro are used in curries, sauces, salsas, soups and salads. Cooking deepens the characteristic sharp flavor.
- Cilantro grows best in the cooler temperatures of the spring and fall. As temperatures heat up, the plant sends up a flower stalk and sets seed. (This process is called bolting.)
- Manage cilantro's naturally fast life cycle by sowing seeds successively over a few weeks and by planting varieties that are slow to bolt such as 'Slow Bolt', 'Leisure', 'Longstanding' and 'Santo'.
- Rather than transplanting seedlings, directly sow seeds in the garden or a container.

