

Did You Know?



Vietnamese Coriander – *Persicaria odorata*

- Also known as Rau Ram and Vietnamese mint. In Singapore, it is known as laksa leaf.
- Is a tender perennial, hardy to zone 7 (winter hardy in zones 9-11), in the Polygonaceae or knotweed family.
- Grows best in full sun and consistently wet soil. Can also grow in a container.
- Roots easily from cuttings.
- Though not related to cilantro, it has the fragrance of cilantro with a bit of lemon and pepper.
- Used in Vietnamese cooking especially as a garnish on meat and fowl, with duck eggs and added to soups, stews, salads, noodles and stir-fries; It is also pickled in a dish similar to sauerkraut.
- The young leaves are preferred and are best used fresh or towards the end of cooking.
- It can be found in Asian markets.
- Historically, the juice from the leaves have been used as an antidote for treating poisonous snake bites.
- Medicinally, leaves have also been used as a diuretic, a digestive tonic and as an anti-aphrodisiac.