

Did You Know?



Culantro *Eryngium foetidum*

- Is a tender annual herb common throughout the Caribbean, Latin America and the Far East
- The flavor of culantro is similar to that of cilantro and may actually be substituted for it in cooking
- Culantro has its own distinct flavor, which many say is more intense than cilantro
- Toothed leaves grow in a rosette form; Known as “spiny or long leaf cilantro”, and by many other names around the world
- The common name “fit weed” refers to its use as an anticonvulsant
- Other common names include Mexican coriander and Ngo Gai in Vietnam
- This plant has a range of traditional medicinal uses, including for colds symptoms, flu, diabetes and even to alleviate constipation and stomach pain. In addition, it has been used as an appetite stimulant.
- Can be started from seeds or grown from transplants
- Best flavor when the leaves are harvested prior to flowering
- Spiny flowers appear as weather begins to get hot
- Cut back the flowers to prolong harvest
- Leaves will get tough as the season progresses
- Grows best in moist shaded gardens