

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Coriander/Cilantro

Coriandrum sativum



Two species of slender, upright annuals belong to this genus, which is native to southwestern Asia and northern Africa. *C. sativum* (Coriander) is a weed of cultivated and waste ground. One of the oldest known herbs, it has been cultivated for over 3,000 years.

It is mentioned in Sanskrit, ancient Egyptian, Greek, and Latin texts, as well as in virtually all-medieval herbals.

C. sativum, erect annual with pungently aromatic, lobed to pinnately divided leaves. In summer, white to mauve flowers are followed by pale brown fruits that have a fruity scent when ripe.

Coriander is also referred to as Cilantro.

USES OF THE HERB

Culinary

Leaves are widely used to flavor food, especially in the Middle East, and SE Asia. Seeds and roots are also an ingredient of curries and of pickling spices, dishes and bakery products.

Aromatic

Oil is prized in perfumery.

Medicinal

Internally for minor digestive problems. Externally for hemorrhoids and painful joints (seeds).

CULTIVATION

Ornamental. Well-drained soil in a sunny position. *C. sativum* prefers a cool, damp spring, followed by a hot, dry summer. Plants grown for leaves do best in partial



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Height 15-70cm/6-28in Spread 10-30cm/4-12in

PARTS USED

Leaves, seeds, oil and roots.

PROPERTIES

Both leaves and seeds are rich in volatile oils that act mainly on the digestive system, stimulating the appetite, and relieving irritation. Oil is fungicidal and bactericidal.

shade. Propagate by seed sown in spring, or in summer for an autumn harvest.

HARVEST

Leaves are gathered when young and used fresh. Seeds are harvested when ripe and used whole or ground for culinary purposes.



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