



# SPICE CROPS

# Cilantro



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# Cilantro: (Coriandrum sativum)

- Coriander or Cilantro is part of the *Apiaceae* family, which contains 3,700 species, including carrots, celery, and parsley.
- All parts of the plant are edible, but people most commonly use the fresh leaves and dried seeds in cooking.
- Cilantro has been a part of global cuisine for a long time.



# Cilantro: (Coriandrum sativum)

- Cilantro is indigenous to western Asia, northern Africa, and southern Europe.
- Cilantro is grown commercially in both small and large scale farming operations worldwide.
- Mexico is the largest exporter of cilantro in the world.
- In the United States, California is the largest cilantro-producing state with annual production over 56 million pounds.



# Cilantro: (Health Benefits)

- Rids the Body of Heavy Metals.
- Reduce Anxiety.
- Lowers Blood Sugar Levels.
- Supports Heart Health.
- Prevents Urinary Tract Infections.
- Settles Digestive Upset.
- Protects Against Food Poisoning.
- Prevents Neurological Inflammation.
- May Help Protect Against Colon Cancer.
- Soothes Skin Irritation.



# Cilantro: (Nutritional value)

- Fresh Cilantro leaves contain approximately:
- 6% carbohydrates.
- 3% protein.
- Trace levels of iron, vitamin C, vitamin B2 and vitamin A.
- A quarter of a cup of the herb contains 5% of the recommended daily amount of vitamin A and 2% of the recommended daily amount of vitamin C.

## CORIANDER

### *Nutrition Facts*



**0.5g**  
**FAT**

**3.7g**  
**CARBOHYDRATE**

**2.1g**  
**PROTEIN**

**46mg**  
**SODIUM**

**135%**  
**VITAMIN A**

**45%**  
**VITAMIN C**

**7%**  
**CALCIUM**

**10%**  
**IRON**

**PER**  
**100g / 23** **KCAL**

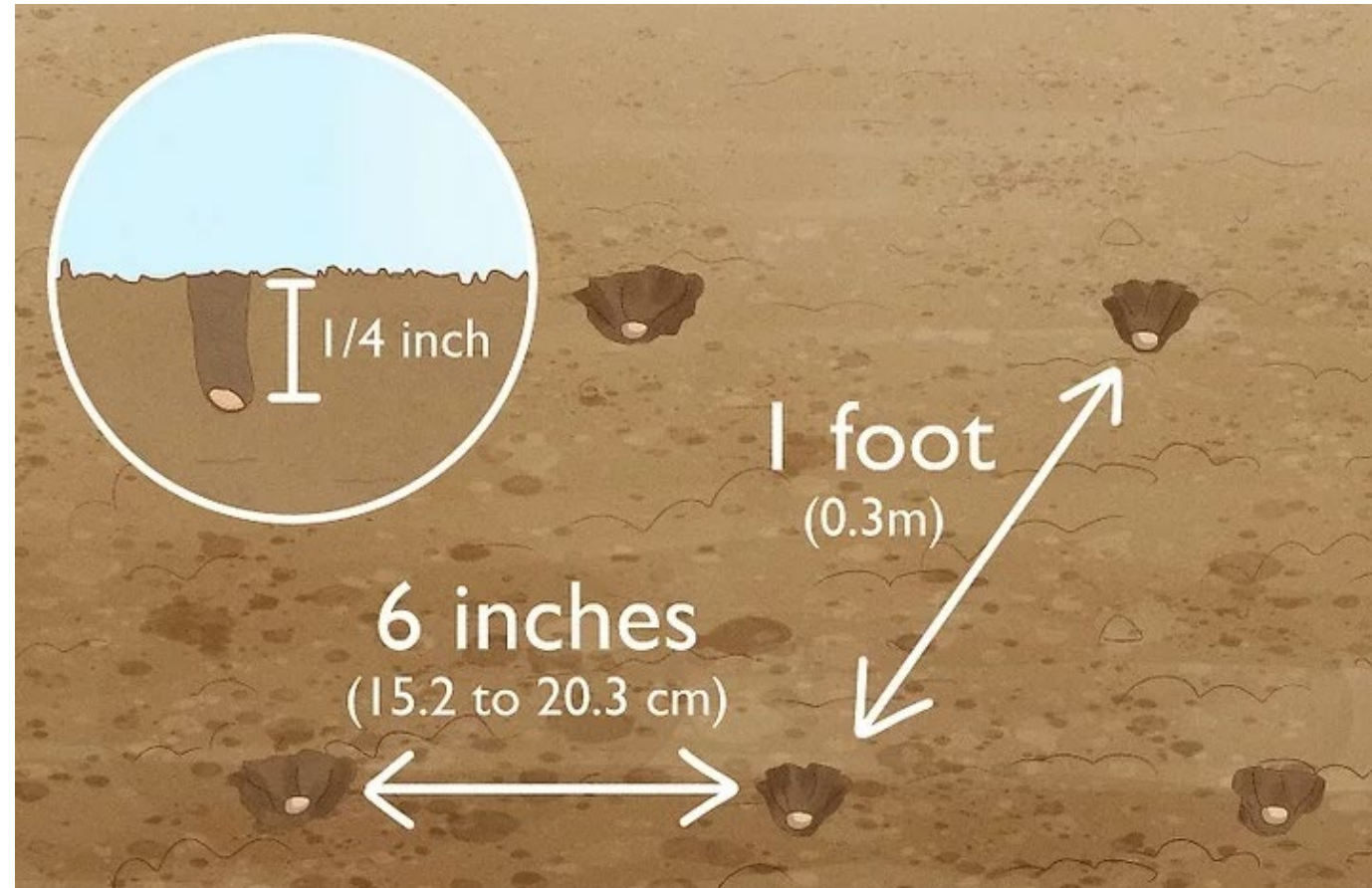
# Cilantro:

- Cilantro is a pungent herb that is easy to grow and a fast-growing annual crop.
- It has two common names: the leaves are the herb cilantro or Chinese parsley and the seeds are the spice coriander.
- Worldwide and In Hawaii it's grown year-round for the high demand from mainly Asian-cuisine restaurants.



# Cilantro: Planting

- Sow the seeds about  $\frac{1}{2}$  inch deep, spaced 6 inches apart, in rows approximately 1-2 foot apart.
- Cilantro seeds need plenty of moisture to germinate, so make sure to water them frequently.
- They should germinate in about 1-2 weeks.



- Cilantro grows so quickly, you should plant a new batch of seeds every 2 to 3 weeks to ensure that you have a fresh supply of cilantro throughout the growing season.

# Cilantro: (Care for the cilantro.)

- Once the seedlings have reached about 2 inches (5.1 cm) in height, you can fertilize them with organic or synthetic fertilizer.
- Be careful not to over-fertilize (less flavor or burn the leaves).
- Fertilize 1-2 times during the growing season by applying  $\frac{1}{4}$  cup of a nitrogen based fertilizer (21-0-0) per 25 sq. ft. of area.
- Once the plants have established, they do not need as much water as Cilantro is a dry climate herb.





# Cilantro: (Benefits of mono-germ seeds.)

- Cilantro seeds is made of two “seeds” or embryo.
- Less seed application per area with uniform coverage.
- Faster germination, especially for micro-green production.
- Mono-germ seeds can also aid in precision planting.



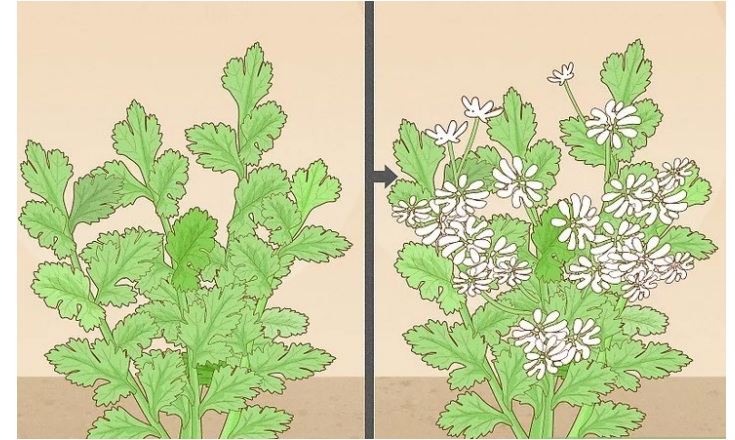
# Cilantro: (Harvesting cilantro.)

- Harvest cilantro by cutting off individual leaves/stems from the base of the plant, when the stems are 4 to 6 inches tall.
- Don't cut off more than one-third of the leaves at one time, as this can weaken the plant.
- Once you have harvested the leaves, the plant will continue to grow for at least 2 to 3 more cycles.
- OR uprooting the entire plant. Sequence planting is important to ensure a continuous supply of fresh Cilantro.



# Cilantro: (Condition/bolting)

- Cilantro can be grown under a wide range of climactic conditions.
- However, hot weather during the summer months causes cilantro to bolt quickly and reduces foliage development.
- In Hawaii Cruiser and Slow-Bolt are the last to bolt.



# Cilantro: (When to leave cilantro plants to flower. )

- Sooner or later the coriander plants will start to flower. The plant will stop producing new shoots/edible leaves.
- cutting off the flowers may help in forcing the plant to produce more leaves.
- After bolting, the plant will produce flowers/seeds. Once the flower dries, you will be able to harvest coriander seeds that can be used in cooking/planting.
- Alternatively, you can allow the seeds to naturally fall to the ground where the cilantro plant will self-sow.



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# Cilantro: (Variety Trial )



# Thanks for listening

