



# Know What You Grow!



## Cilantro

**Scientific Name:** *Coriandrum sativum*

**Recommended Varieties:**

- Renne's Heirloom
- Long Standing
- Leisure

**Companion Plant For:**

Interspersing cilantro with vegetables such as spinach, peppers, leafy vegetables, melons and other ornamentals is recommended as it discourages harmful insects such as aphids, potato beetles, and spider mites.

Photos: Creative Commons

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### Growing Information

**Annual Perennial**

Cilantro does its best in temperatures between 50° F and 85° F. Cilantro can tolerate some light frost.

**Ideal Planting Window**

Sow seeds in early spring or fall.

**Growing Guidance**

Cilantro doesn't transplant well; we advise direct garden sowing, 1 to 2 inches apart. Cover with ½ inch soil and firm soil over seeds. Thin seedlings 3 to 4 inches apart before plants get crowded. Sow every few weeks until mid-summer for continuous harvests of fresh leaves.

**Harvesting**

Cut the stems 1.5 to 2 inches above the crown to harvest. Cilantro can be used either dehydrated, or fresh.



## Interesting Facts

Coriander is also known as cilantro or Chinese parsley. It is an annual herb in the family Apiaceae. All parts of the plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking.

**Cilantro is the Spanish word for coriander.** It is the common term in North America English for coriander leaves, due to their extensive use in Mexican cuisine.

Coriander grows wild over a wide area of Western Asia and southern Europe. About half a liter (a pint) of coriander was recovered from the tomb of Tutankhamen, and because this plant does not grow wild in Egypt, it was interpreted this find as proof that coriander was cultivated by the [ancient Egyptians](#).

The leaves have a different taste from the seeds, with [citrus](#) overtones. Some people may be genetically predisposed to find the leaves to have unpleasant soapy taste or a rank smell.

Coriander is used in cuisines throughout the world.

Coriander leaves are rich in Vitamin C, Vitamin K and protein. They also contain small amounts of calcium, phosphorous, potassium, thiamin, niacin and carotene.

[Kids Kiddle](#)

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## Drying and Storing

Cilantro is one of those herbs that is water-rich yet with thin leaves. When dried, it will last for 2 years or even longer while retaining its flavor. You can use a dehydrator or a microwave for this procedure, but air drying is my favorite method. Tie a bunch of cilantro with a string and hang it in a moisture-free area to dry. Crush the leaves and store in an air tight container.

[Kitchen Lily](#)

## Cilantro and Lemon Hummus



- (16 ounces) can of chickpeas or garbanzo beans
- 1/4 cup liquid from the can of chickpeas
- 3 to 5 tablespoons [lemon juice](#)
- 1 1/2 tablespoons [tahini](#)
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 1 teaspoon cilantro, finely chopped

Drain chickpeas and set aside liquid from the can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of liquid from chickpeas. Blend for 3 to 5 minutes on low until thoroughly mixed and smooth. Place in serving bowl, and create a shallow well in the center of the hummus. Add a small amount (1 to 2 tablespoons) of olive oil in the well. Garnish with extra cilantro (optional). Serve immediately with fresh, warm or toasted [pita bread](#), or cover and refrigerate.

Recipe and Photo: [The Spruce Eats](#)

## Contact Information



**RIVERSIDE COUNTY MASTER GARDENERS**

**EMAIL:** [anrmgriverside@ucanr.edu](mailto:anrmgriverside@ucanr.edu)

**WEBSITE:** <https://ucanr.edu/sites/RiversideMG/>