

Chapter 1 : Handbook for Wisconsin Gardeners – Wisconsin Horticulture

Gardeners Handbook is your one stop source for everything garden related whether you like to grow vegetables, make your grass as green and healthy as it can be, or maybe you're getting ready to start that big landscaping project.

Coriander *Coriandrum sativum* , also commonly called cilantro, is an annual herb in the family Apiaceae. Coriander is native to southwestern Asia west to north Africa. It is a soft, hairless plant growing to 50 cm [20 in. The leaves are variable in shape, broadly lobed at the base of the plant, and slender and feathery higher on the flowering stems. The flowers are borne in small umbels, white or very pale pink, asymmetrical, with the petals pointing away from the centre of the umbel longer mm than those pointing to the middle of the umbel only mm long. The fruit is a globular dry schizocarp mm diameter. Your browser can not view iFrames, you should allow this option in your browser or get one that can handle iFrames so can experience the full power of the Internet. About half a quart liter of coriander mericarps were recovered from the tomb of Tutankhamun, and because this plant does not grow wild in Egypt, Zohary and Hopf interpret this find as proof that coriander was cultivated by the ancient Egyptians. The Bible mentions coriander in Exodus One of the Linear B tablets recovered from Pylos refers to the species as being cultivated for the manufacture of perfumes, and it appears that it was used in two forms: This appears to be confirmed by archaeological evidence from the same period: Coriander was brought to the British colonies in North America in and was one of the first spices cultivated by early settlers. The cilantro leaves are sometimes referred to as coriander leaves, cilantro in the Americas, from the Spanish vernacular for the plant , culantro in some regions of Latin America; this is also a common name for *Eryngium foetidum*, which causes some minor confusion. The leaves have a different taste from the seeds, with citrus overtones. Some perceive an unpleasant "soapy" taste or a rank smell and avoid the leaves. Belief that this is genetically determined may arise from the known genetic variation in taste perception of the synthetic chemical phenylthiocarbamide; however, no specific link has been established between coriander and a bitter taste perception gene. The fresh leaves are an ingredient in many South Asian foods particularly chutneys , in Chinese dishes and in Mexican salsas and guacamole. Chopped coriander leaves are a garnish on cooked dishes such as dal and curries. As heat diminishes their flavor quickly, coriander leaves are often used raw or added to the dish immediately before serving. In Indian and Central Asian recipes, coriander leaves are used in large amounts and cooked until the flavor diminishes. The leaves spoil quickly when removed from the plant, and lose their aroma when dried or frozen. Coriander leaves were formerly common in European cuisine. Today western Europeans usually eat coriander leaves only in dishes that originated in foreign cuisines, except in Portugal, where they are still an ingredient in traditional dishes.

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