



Coriander



Coriandrum Sativum

The Secrets Revealed

By Sarah Heath

The Culinary Herb Educator &

Owner Operator of Basilea Living Herbs and Edible Flowers



Basilea
Living Herbs & Edible Flowers
www.basilealivingherbs.com





Love it or Hate it Coriander is one of the most popular herbs in use around the world.

Best used fresh Coriander can be one of the most rewarding herb to grow in your kitchen garden. Coriander has a reputation for being one of the hardest herbs to grow

I will reveal to you the Secrets of a successful Coriander grower;

You will have fresh coriander all year round.



Basilea
Living Herbs & Edible Flowers
www.basilealivingherbs.com



This ebook will unlock the secrets of Coriander growing. It gives you a better understanding of the affectionately known 'Cori'

- Origins and benefits of coriander
- Ideal growing conditions
- The whole truth of the plant
- Dealing with Pest Issues
- When all else fails there are Coriander substitutes



Basilea
Living Herbs & Edible Flowers
www.basilealivingherbs.com



~Origins and benefits of coriander



Coriander is native to regions spanning the equator and is a fast growing annual herb. Mostly known for use in South east Asian cuisine

All parts of the plant are edible the seed, leaves, roots even the flowers and it is a very popular miro-herb.

Coriander leaves are a great source of vitamin A, vitamin C, vitamin K, supporting a healthy wellbeing and vitality.



Basilea
Living Herbs & Edible Flowers
www.basilealivingherbs.com



~Ideal growing conditions



Sun light is a major factor in the growth of coriander. In south east Queensland I have great success with growing Coriander under 70% shade throughout Summer. Shorter hours of sun in winter, coriander can be planted sunnier spot making sure it has afternoon shade.

Coriander is an absolute when it come to the definition of an Annual plant. Annual plants live for one life cycle. In the case of Coriander that is as little as one season, three months. Plants will go to seed and new plants will be needed.

Regular culinary use, chopping and using coriander as well as feeding your plants with and all round fertiliser will promote a longer growth period.



Basilea
Living Herbs & Edible Flowers
www.basilealivingherbs.com



~The whole truth of the plant

Many recipes call for bunches of Coriander. That is not going to grow from one plant. Lots of Plants are needed. If you really love your coriander several plantings of lots of plants are needed to allow grow back time. Allowing you to enjoy coriander in meals each night.

Coriander flowers are beautiful and lace like. They are a magnificent bee attracting flower and the flowers are edible with a delicate coriander flavour perfect for garnish.



Coriander Plants from Basilea Living Herbs, if left to flower will produce viable seed, acclimatised to your garden perfect for cooking with and seed saving = Coriander forever!



Basilea
Living Herbs & Edible Flowers
www.basilealivingherbs.com



~Dealing with Pest Issues

Caterpillars don't really 'dig' Coriander. I have never had any issues with Grasshoppers eating my Coriander. There is always something else on the farm yummiier to them, to eat. Companion planting with sacrifice herbs is a great way to provide alternatives food sources for bugs.

I have found pests such as possums and mice plague growers most of all and full cover is the only way to protect your plants from those bug'ers.

I recommend a milk crate covered around in a 50% shade cloth, strong pests might also require a brick on top, your plant will have protection, including from the sun.

On the Farm we have Snake wire cages over seeds to protect them from hungry past.



Basilea
Living Herbs & Edible Flowers
www.basilealivingherbs.com



~When all else fails there are Coriander substitutes.

YES there are a few edible plants out there that have the same taste as Coriander. However, they do not look alike taste leaves are tougher and not as a great garnish substitute they are fantastic used in soups, curries or chopped up in to salsa verde

Most commonly found in Australia is Culantro (*Eryngium foetidum*) also known as perennial Coriander, sawtooth coriander or Mexican coriander. As all the names suggests Culantro is a Perennial, has a sawtooth leaf and comes from the central Americas.

And the less commonly found Papalo (*Porophyllum ruderale*) plant also from Central Americas, both can



Culantro (Eryngium foetidum)



Basilea
Living Herbs & Edible Flowers
www.basilealivingherbs.com



Now you are armed with more insight into Coriander give it a grow. You will find Coriander seedlings available in Basilea Living Herb Display Stands at our Stockist around Brisbane, click over to our web site you fine your nearest one www.basilealivingherbs.com

There you can find upcoming events and workshops held at Basilea Farm,
Like the Open Farm Days, Every 3rd Saturday of each Month.
I invite you to visit Basilea Farm and See the Coriander Grow
& Buy Direct form the Grower.

Thank you for reading my Frist Ever ebook😊
© Copyrights to Sarah Heath,
Culinary Herb Educator and owner operator of
Basilea Living Herbs and Edible Flowers



Basilea
Living Herbs & Edible Flowers
www.basilealivingherbs.com

