Quick Garden Tips

1. Easy and quick to grow. Great for beginning gardeners.

2. Cilantro can be grown from seed or transplanted. If transplanting, take care with the tap root system (main single root that grows down and other roots arise from).

3. For an ongoing supply of fresh leaves, plant seeds every 3 to 4 weeks starting in late spring and continuing through fall.

4. Near the end of its life cycle, a cilantro plant will make fewer leaves and send up a flowering stalk of small lacy flowers that turn to seeds. This is known as bolting. Cilantro bolts quickly when temperatures are above 80 degrees F. Plant in a cooler area to slow bolting.

5. Cilantro flowers attract helpful insects to your garden plants. The seeds they form are called coriander.

Season and Location

- In spring or fall, plant in full sun. In summer, plant in partial sun.

Container Gardening

- Cilantro roots are not deep, so you can plant the seeds in shallow containers.
- Water regularly to keep the soil from drying out.

Cilantro (coriander) Seeds can be used to grow new plants and to spice your food.

- Harvest the seeds after they turn mostly brown. Cut them off the plant with a few inches of stalk, put in a paper bag and store in a cool and dry place to finish drying. Shake the bag to break away the seeds and store them in a labeled container in a cool and dry place. Seeds can last 3 to 4 years for planting or eating. For the most flavor in cooking, toast or grind just before using. To grind, use a coffee or spice grinder, a mortar and pestle, or put them in a bag and roll over with a rolling pin.

Washington Gardening Calendar for Cilantro

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Adapted from WSU Extension Publication EM0575E.
Recommended Types to Grow
These types grow quickly and are slower to bolt.
Marino: has a high yield
Santo: has a dark color and citrus flavor

Cowboy Salad

Preparation Time: 20 minutes  Makes: 8 cups

Ingredients
2 cans (15 ounces) black-eyed peas or black beans (try a mix, or other types)
1 ½ cups corn (canned, frozen or fresh)
1 bunch cilantro
1 bunch green onions (about 5 green onions)
3 medium tomatoes
1 avocado (optional)
1 Tablespoon vegetable oil
2 Tablespoons vinegar or lime juice
½ teaspoon each salt and pepper

Preparation
1. Wash hands with soap and water.
2. Drain and rinse the black-eyed peas (or black beans) and corn.
3. Finely chop the cilantro and green onions.
4. Dice the tomatoes and avocado.
5. In a large bowl, combine all the veggies.
6. In a small bowl, mix together oil, vinegar, salt and pepper.
7. Pour oil mixture over veggies and toss lightly.
8. Refrigerate leftovers within 2 hours.

When and How to Harvest
Harvest entire plants or individual leaves by cutting or pinching off stems. Cilantro goes to seed quickly (bolts), so check daily to harvest once plants are about 6 inches tall.

Storage and Cooking
Refrigerate fresh cilantro upright in a glass of water like flowers. Cover with a loose plastic bag.
Wash just before using by pushing up and down in a bowl of water; lift out of the water; repeat in fresh water until no dirt appears in the bowl.
Freeze and use in cooked dishes within one year. Remove clean, dry leaves from main stems, spread on a tray and freeze. Package in freezer quality container labeled with “cilantro” and the date.

The Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans. This material was funded by USDA’S Supplemental Nutrition Assistance Program—SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit http://foodhelp.wa.gov or contact the Basic Food Program at 1-877-501-2233. SNAP-Ed is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity employer.