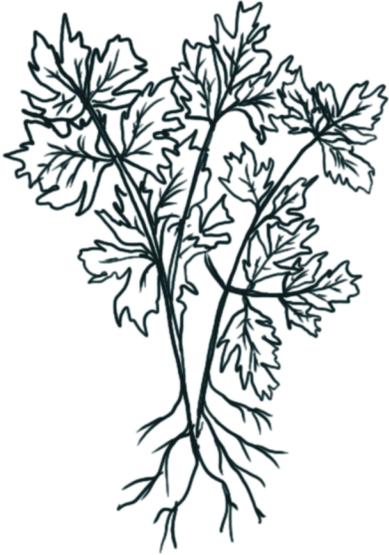


# CILANTRO



**CILANTRO** IS A POPULAR HERB USED ALL AROUND THE WORLD. IT IS USED IN CUISINES IN THE MEDITERRANEAN, MEXICO, INDIA, AND MUCH OF ASIA AND SOUTH AMERICA. CILANTRO IS LOADED WITH VITAMINS, NUTRIENTS, AND ANTIOXIDANTS.

## **HEALTH BENEFITS:**

PACKED WITH ANTIOXIDANTS  
HELPS REDUCE ANXIETY  
LOWERS BLOOD SUGAR LEVELS  
SUPPORTS HEART HEALTH  
PREVENTS URINARY TRACT INFECTIONS  
SETTLES UNEASY STOMACHS  
HELPS DETOX THE BODY

## **SOWING:**

IF PLANTING IN SOIL, PLANT IN EARLY SPRING OR EARLY FALL.  
SEEDS NEED TO BE BETWEEN 1/4-1/2 INCH DEEP AND ABOUT 2-6 INCHES APART.  
PLANT DIRECTLY IN THE SOIL AS CILANTRO IS SENSITIVE TO TRANSPLANTING.

## **NEEDS:**

CILANTRO PREFERS FULL SUN/PARTIAL SHADE, AND WELL DRAINING SOIL. IT THRIVES IN COOLER WEATHER AND WILL BOLT (PRODUCE FLOWERS/SEEDS) WHEN THE TEMPERATURE IS WARMER THAN 80 DEGREES.

## **GERMINATION AND GROWING:**

CILANTRO TAKES ABOUT 7-10 DAYS TO GERMINATE.  
PRUNE FREQUENTLY TO PREVENT BOLTING (PRODUCING FLOWERS/SEEDS).  
START HARVESTING WHEN CILANTRO IS BETWEEN 4-6 INCHES TALL.

## **HARVEST:**

**LEAVES** - PINCH OFF LEAVES OR CUT OFF ENTIRE STEM, LEAVE A FEW LEAVES ON THE PLANT.  
**SEEDS** - WHEN CILANTRO BOLTS (PRODUCES FLOWERS/SEEDS) COLLECT THE CORIANDER SEEDS TO USE WHOLE OR GROUND.

## **EASY CILANTRO PESTO TO USE WITH PASTA OR TACOS**

- 3 CUPS FRESH CILANTRO
- 1/2 CUP PARMESAN CHEESE
- 2-3 CLOVES GARLIC
- 1 TABLESPOON LEMON JUICE
- 1/3 CUP OLIVE OIL
- SALT AND PEPPER TO TASTE

CHOP INGREDIENTS AND MIX TOGETHER.  
FOR A FINER PESTO, BLEND IN A FOOD PROCESSOR.