

CILANTRO

QUICK INFO

- Cilantro is an annual in USDA hardiness zones 5b and 6a.
- The herb is used frequently in Mexican and Asian cooking.

COOKING TIPS

- Cilantro should be added at the very end of cooking to prevent wilting of the leaves.
- Cilantro has notes of citrus and pairs well with dishes containing ginger, garlic and/or lime.
- Cilantro is an herb that divides opinions. Some people enjoy the taste and others feel that it adds a soapy flavor to foods.

OTHER USES

- Cilantro can be used as both an herb (fresh leaves) and a spice (seeds). If growing cilantro, let some go to seed and collect them when dry. These can be ground and used in cooking.

STORAGE AND PRESERVATION

- Wash cilantro and then dry the delicate leaves by rolling in a paper towel.
- Snip the ends of cilantro stems and place in a jar with 1-2 inches of cold water. Cover lightly with a plastic bag and store in the refrigerator.

GROWING TIPS

- Cilantro bolts (goes to seed) quickly in high heat. When starting with a cilantro plant, plant seeds around the plant every 3 weeks all summer to ensure a fresh supply of cilantro throughout the season.
- The plant requires about 6 hours of full sun per day.
- Keep cilantro moist, but not soggy.
- Pinch back flowers to promote new growth and a fuller plant.

QUICK & EASY RECIPE

• **Quick salsa (fresh leaves and dried seeds):**

Ingredients: 4 cups chopped Roma tomatoes or one 28-ounce can chopped tomatoes, ½ teaspoon ground coriander, 1 small chopped onion, ½ teaspoon sugar, 2 seeded and chopped jalapeño peppers, 2 handfuls fresh cilantro leaves, 3 tablespoons fresh lime juice and 3 cloves of chopped garlic. Place ingredients in a food processor and pulse a few times until desired texture is reached. Season with salt and pepper to taste. Place in an airtight container in the refrigerator and let sit for a few hours or overnight to blend flavors.

- **Cilantro rice (fresh leaves):** Cook your favorite type of rice as directed on the package. When cooked, stir in 1 tablespoon of lime zest, 2 tablespoons of lime juice and ¼ cup of chopped fresh cilantro leaves. Mix and serve.



DENVER BOTANIC
GARDENS

botanicgardens.org

