



EDIBLE  
GARDENING  
SERIES

# Cilantro/Coriander

Also known as Chinese parsley, this is an essential ingredient for making salsa and flavoring many Asian soups. Fresh leaves are used, as well as the roots. You can even eat the flowers. The seeds of cilantro are referred to as coriander. Coriander is used as a seasoning in sausage, beans, stews and baked goods.

## EXPOSURE

Grow your Cilantro where it will get early morning or late afternoon sun, but your cilantro likes to be shaded during the hottest part of the day. Cilantro likes to bolt when temperature exceed 75 degrees.

## PLANTING

Incorporate **Harvest Supreme Planting Compost** and **Dr. Earth Vegetable Fertilizer** into existing soil. Plant 3 to 4 inches apart and water in with **Bonide Root n Grow**. Top dress your cilantro with 2 to 3 inches of **Harvest Supreme**. This will help with weed control and moisture. To keep a steady crop of cilantro coming plant every 3 weeks. Cilantro also grows great in containers. Plant with **Blue Ribbon Potting Soil** mixed with **Gardner & Bloome Harvest Supreme** and **Dr. Earth Vegetable Fertilizer**.

## WATERING

Regular water encourages steady growth and delays bolting.

## FERTILIZING

Plants do best in soils with little nitrogen: if you fertilize at all, use a mild plant food like fish fertilizer.

## PRUNING

If you are growing cilantro for the leaf, snip off the flower buds as they appear.

## HARVESTING

Cut cilantro about 1/3 of the way down. The top 1/3 is what you will use to cook with and the bottom 2/3 will grow new leaves. You should harvest cilantro about once a week, if it is growing well, you can harvest more often this. This will help stave off bolting. After harvest if you are not able to use the harvested cilantro you can freeze.

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