

Coriander - Slowbolt

Coriandrum sativum

Coriander is an annual herb with green leaves that can be used in curries, salads, pesto, chutneys and salsa. The seeds can be dry-roasted and used in curries, pickles and soups. The small, white and mauve flowers attract beneficial insects in summer. Different parts of the plant have different names! Cilantro refers to the leaves of the plant (used as a herb) while coriander refers to the seeds (which can be ground and used as a spice).

Sow the seeds directly where you want to grow the plant in light well drained soil. Lightly cover with fine soil and water regularly, but ensure the soil is well-drained. Harvest frequently as the entire plant is edible (leaves, roots and seeds).

Recommendations:

- To easily identify your seedlings, label your stake.
- Sow at 3 week intervals to achieve a continuous harvest.
- Keep well mulched to keep roots cool and moist. Warmer weather encourages the plant to 'bolt'. Bolting is a survival response in the plant that causes it to produce flowers and seeds very rapidly, and this makes the plant quite bitter.
- Keep seeds moist during their germination and water regularly after that.
- Tomatos are a good companion plant.To easily identify your seedlings, label your stake.

To save your seed:

Allow the plant to flower, and let the flowers dry and go past their prime. The pod of the flower will start to dry up and become quite dark. You can either cut the head off the plant and shake into a jar or paper bag. Allow the seeds to dry for another 10-14 days before storing them. Seeds are best stored in a sealed container in a cool and dry place.

Remember to label your seeds with the name and date of when they were collected.

