



SNAP-Ed

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Growing in Washington **Cilantro**



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

Seedling



Transplant



Harvest



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



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.



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.

