Common Name: Cilantro/Coriander
Botanical Name: *Coriandrum sativum*

**Type:** Annual  
**Height:** 1.5 – 2 ft.  
**Width:** 1 – 1.5 ft.  
**Habit:** Mounding

**Flower:** White to pink to pale lavender  
**Bloom Season:** Seasonal  
**Foliage:** Finely-divided upper leaves are fern-like. Broad-lobed lower leaves resemble those of Italian parsley  
**Flavor:** Strong flavor, with citrus overtones  
**Fragrance:** Fragrant leaves  
**Sun:** Full sun to part shade  
**Soil:** Rich, moist  
**Water:** Medium

**Culinary Uses:** Salads, salsas, meats, eggs, sauces & soups  
**Garden Uses:** Herb garden, butterfly garden, containers  
**Medicinal Uses:** Antispasmodic, carminative, stomachic  
**Other Uses:** Swallowtail butterfly larvae feed on plant leaves

**Harvesting:** For cilantro, leaves should be harvested just before the plants start to flower when the flavor is at its peak. Cut back liberally to prevent from going to seed or allow to go to seed for use as coriander.

**AKA:** Chinese parsley, dhania

**Attracts:** Swallowtail butterfly larvae

Information provided on the traditional uses and properties of herbs are for educational use only, and is not intended as medical advice. You should always check with your health care practitioner before self-administering herbs.