

# Coriander



# Coriander

Suggested species: *Coriandrum sativum* (botanical name)

PLANT



Regularly sow seed 0.5cm deep. Thin seedlings to 5cm apart for leaf crops or 20cm for seeds. Plants dislike being transplanted. Choose well drained soil in sunny site

GROW



Young broad leaves can have unpleasant smell (avoid growing indoors). Scent can repel aphids and carrot root fly. Stake flowering stems for support

EAT



Pick young leaves before flowering for use fresh when about 10cm long. Gather aromatic seeds after seedheads ripen in summer (ripening can be sudden)

Growing guide

Give it a go...

Average growing period

8 weeks (leaf); 16 weeks (seed)

Equipment needed

Stakes

Germination time

7-21 days

Average plant size

60cm tall, 20cm wide

Family group to grow with

Apiaceae: chervil, dill

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Fresh leaf: vit. C, vit. A, calcium, iron

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors   
 ■ Sow outdoors   
 ■ Plant out/transplant   
 ■ Harvest   
 Use cloche

2.5cm = 1 inch    30 cm = 1 foot