

## Cilantro



Many people are surprised to learn that some herbs commonly used here are actually cool weather plants. They should be planted in the fall and will do best in our mild Texas winters. If you plan to plant these herbs in the spring, be ready to eat all of them by July 1!

Cilantro is an ancient herb mentioned in Sanskrit and Egyptian texts and there is considerable controversy among botanists as to the origin of this plant. It was brought to the New World during the Columbian Exchange (when the old world and the new world traded a lot of plants!) where it became a popular ingredient in Latin American dishes. Surprise yourself by adding this great flavor at the table to your fresh soup. Sow a few seeds every few weeks to have a steady supply all winter.

Cilantro is also known as coriander and Chinese parsley. It is an annual, easily grown from seed. It prefers bright shade to partial sun and will grow 12 to 18 inches. It is common to Mexican dishes but is likely originally from China.