

Coriandrum sativum
Family: *Apiaceae* – parsley, carrot
Parts: leaves, blossoms and seeds (coriander)

Cilantro is a two for one plant, providing delicious leaves to accent Mexican and Mediterranean dishes in cooler weather. Then coriander seeds when the weather gets hot.

Properties:

Anti-bacterial, anti-catarrhal, antifungal, antiviral, antimicrobial, antioxidant, carminative, emmenagogue, expectorant, sedative, vermifuge.

Energetics: cooling
Systems Affected: digestive

Uses:

- Supports digestive system, nausea, gas, bloating, upset stomach, constipation, etc.
- Eases stomach and intestinal cramps
- Detoxes the body of heavy metals
- Calms the nerves, anxiety, and stress
- Breaks down and eliminates mucus from lungs and digestive system
- Coughs and lung congestion
- Urinary tract infections
- Fungal and bacterial infections
- Intestinal parasites
- Cankers, mouth sores

Methods of Use:

Food: the best way to utilize the properties

- Tea (made as a decoction)
- Tincture
- Juiced

Care/Harvesting:

- Sow seeds in early spring, late summer in full to part sun.
- Keep moist, it loves water.
- Harvest leaves once the plant is 4". Gather leaves regularly before flowering. Heat will cause the plant to bolt to seed, at which point it become coriander.
- Gather coriander seeds once the plant turns brown.