

Unusual crops to grow



Cut out to
make your
own seed
packet!

Coriander

Latin name: Coriandrum sativum

Origin: Southern Europe and North Africa

Plant family: Apiaceae (herb)



Picture Credit: Garden Organic/SowingNewSeeds

A herb which is quite hardy and will grow slowly through the winter, under cover, when sown in early September. Sometimes used as a companion plant when growing carrots to repel aphids and carrot root fly.

Learning activity: investigate

- Investigate the use of herbs in cooking, medicine and cosmetics.
- Coriander flowers are very beneficial to insects such as hoverflies. Look at food chains and how hoverfly larvae help keep pests such as aphids out of the garden.

Growing instructions*

- Sow fresh seeds in well drained, fertile soils in drills.
- Germination can take 2-3 weeks. An early or late sowing often produces more leaf growth, because in the middle of summer the plants often 'bolt' (run to seed).
- Leaves will be ready to harvest within 4-6 weeks

Growing instructions card

www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/sns/factsheets/FactsheetCoriander.pdf

Culinary uses

Coriander is used in many recipes both as seeds and leaves all around the world, from curries to salads and stir-fry to soups. Create your own recipe book for coriander or another plant of your choice. Invite parents and local restaurants to 'donate' some recipes to this.



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