

CORIANDER

Description/Taste

Coriander is a leafy herb with green leaves with the occasional chestnut-maroon colored streak about mid-leaf. The stems of coriander are slim, light green or red in color. The flavor of this perennial herb is similar to cilantro with a spicy taste followed by a bit of a lemon zing. Coriander is best when consumed young and fresh as older leaves can develop a tough texture and bitter flavor.

Seasons/Availability

Coriander is available year-round.

Nutritional Value

The essential oil from coriander contains several compounds for aroma, such as aldehydes like decanol, and dodecanol, and compounds for flavor, such as alpha humulene and beta caryophyllene, which are sesquiterpines. These two types of terpenes have anti-inflammatory, anti-bacterial and analgesic (pain relieving) properties. Coriander also serves as a digestive aid and has anti-diarrhea properties.

