

# How to Grow *Coriander*

An easy-to-grow herb-spice combo.



## Why We Love Coriander

Coupling easy growing with bountiful harvests, coriander is the perfect crop for beginners and experienced gardeners alike. Not only that, but growing coriander actually comes with a little surprise, a spice! That's right, coriander seeds are commonly known as cilantro, which is used often in cooking Asian, Indian, and Middle Eastern dishes. Coriander also comes with health benefits, such as reducing anxiety and supplying the body with anti-inflammatory properties.

## Varieties

- **Leisure** – Also known as Chinese parsley. Boasts green, feathery, flat leaves. Features an aromatic and zesty flavour profile. Heat tolerant and slow to bolt.
- **Marino** – Feathered leaf variety. High yielding variety that is quick to grow and slow to bolt. Boasts a citrus-like taste.
- **Santo** – Common variety among market farmers and home growers. Slow bolting with a relatively dark color and strong flavour.

## What You'll Need

- Tower Garden Growing System
- Seeds included in your [Seedling Starter Kit](#)
- Net Pots
- [LED Indoor Grow Lights](#) (for indoor growing)
- Access to power source

## Directions

1. Germinate your seeds. This step will take roughly 1-2 weeks. Coriander seeds should be ready for transplant (about 2-3 weeks) when they have a good root system growing from the rock fiber starter plugs.
2. Place one seedling cube into each net pot on your Tower Garden Growing System. We've found that coriander grows well when planted in the **top sections of Tower Garden**.
3. Gently press the seedling cube until it touches the base of the net pot.

### GROWING INFORMATION

## Coriander

### DIFFICULTY



### INDOOR VS. OUTDOOR

**Both**

### TIME TO HARVEST

**5-6 weeks**

### BEST TOWER POSITION

**Top**



## Growing Conditions

**Temperature:** 5°C–27°C

### Light

For outdoor – minimum 6-8 hours of full sunlight daily

For indoor – set grow light timer for 14-16 hours on, 8-10 hours off

### Watering Cycle

Please set the Tower timer to "O" for outdoor growing or "I" for indoor growing.



## Maintenance & Pest Prevention

- Check water and pH levels at least weekly.
- Keep roots away from pump.
- If not in full sun when outdoors, rotate garden regularly for even growing.
- Clean pump monthly.
- Check regularly for pests.
- Remove or dispose of any dead or diseased plant material.



## Harvesting

- Snip the bottommost leaves at the base of their stems.
- Remember to never take more than a third of a plant at once.
- To save coriander seeds, cut them from the plant and place them in a paper bag until they fully dry and fall off the stems.
- Coriander leaves lose most of their flavour when dried. So for tastiest results, use them fresh or freeze for later.
- And if you're cooking with coriander, add it last to preserve the herb's bright flavour.



## Ways to Enjoy

- **Salsa** – All traditional Mexican salsas feature freshly picked, and finely diced, coriander. Skip the store-bought stuff and make salsa with coriander picked straight from your Tower Garden. Here are recipes from Tower Gardeners for a yummy Rustic Tomato Mango Salsa or a zesty Red Pepper Salsa.
- **Marinade** – Combine freshly picked coriander with salt, pepper, lime juice, garlic, and olive oil for a delicious marinade perfect for chicken, shrimp, and other dishes.
- **Smoothies** – Coriander has been known to support digestive health. Add a bunch of fresh coriander into your next smoothie for a health-filled cup of goodness.

For more information about growing coriander, please visit [towergarden.com](http://towergarden.com).

