

# ALLOTINABOX®

## SEED HELP

### No.1 CORIANDER

Coriander is a popular and versatile herb popular in Asian cooking. The seeds have a lemony flavour and can be used as a spice and is very widely used by cooks all over the world. The crop is lively green, which is also known as cilantro. The flavour is quite distinctive, hard to define as it is highly perfumed which gives it a really distinctive character.

In the middle east, cooks have been adding it to dishes for thousands of years, the slightly bitter, citrusy and sweet taste make it a great ingredient for dishes that are slightly spicy such as curries, and this wonderful herb was the stable of the English Raj when added to dishes like Bombay Potato.

Coriander is a fast grower, and a herb made to raise from seed. Sow it directly into a container of the area that you want it to grow, as it really doesn't like being moved. It grows well in containers, but we recommend that you find a nice deep pot to start with, as it runs to seed if it is stressed. This is where the seeds flower rather than growing its lush foliage. Fine if you want to grow it for seed, but not if you want some niche abundant crops.

To keep it nice and leafy and kitchen friendly, let it see some sunshine, but not too much, it appreciated a little shade during the hottest part of the day.

Sow successionally from April | May onwards to ensure a really good supply into the summer and autumn.

Germination of Coriander takes up to 3 weeks; scatter seeds on the surface of the compost if growing in containers, cover with soil, watering well. Harvest the leaves when the plant is big and robust enough to cope pluck or cut the stems from the base as both can be eaten or chopped into your favourite dish.

