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## Selection

When selecting fresh cilantro be sure the leaves look vibrantly fresh and be a deep green in color. They should be firm, crisp and free from yellow or brown spots.



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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Fresh marjoram is highly perishable and should be stored in the refrigerator wrapped in a slightly damp paper towel.
- ◆ Wash produce only right before you intend to use it.
- ◆ Keep produce and meats away from each other in the refrigerator.

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## Why Buy Local?

- ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles!
- ◆ Buying local lets you see and meet the people who produce our food.
- ◆ Your money stays locally and is recirculated in your community.
- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.



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### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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**Cilantro**  
**Coriander**

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## Uses

Cilantro can be added to many things whether it is fresh or dried.

When using fresh it can be sautéed, chopped, or cut and added to vegetables, soups or a hot beverage.

When used in seed form you can use it in a pepper mill in place of pepper.

Cilantro is considered both an herb and a spice since both its leaves and its seeds are used as a seasoning condiment.

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## Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Good source of Fiber
- ♦ Good source of Manganese
- ♦ Good source of Iron
- ♦ Good source of Calcium

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Primary Source: WH Foods; Photos found on Google images

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## Try It!

### Cilantro Potato Salad

#### INGREDIENTS

- |          |  |
|----------|--|
| 1 cup    | Mayonnaise                                       |
| 3/4 cup  | Cilantro leaves                                  |
| 1 Tbsp.  | Garlic, minced                                   |
| 1 tsp.   | Salt   |
|          | Freshly ground black pepper                      |
| 2 pounds | Small new potatoes, cooked and halved (unpeeled) |
| 1/3 cup  | Onions, finely minced                            |

#### INSTRUCTIONS

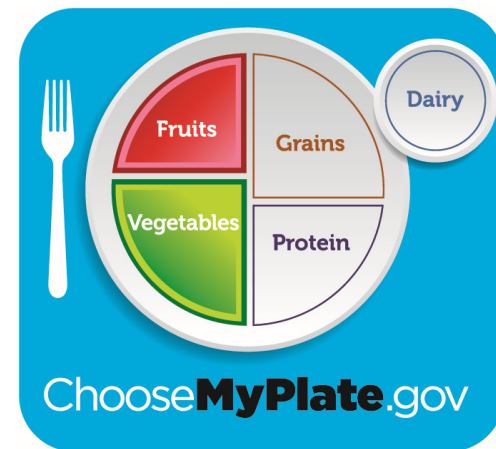
1. In a bowl, stir together mayonnaise with cilantro, garlic, salt and 7 turns black pepper.
2. Add potatoes and onions and toss to combine thoroughly.
3. Cover and refrigerate up to 24 hours before serving.

Yield: 5-6 servings

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



Cilantro Potato Salad



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## History & Fun Facts

The use of cilantro can be traced back to 5,000 BC, making it one of the world's oldest spices. It is native to the Mediterranean and Middle Eastern regions. Cilantro was cultivated in ancient Egypt and given mention in the Old Testament.

It was used as a spice in both Greek and Roman cultures, the latter using to preserve meats and flavor breads. The early physicians, including Hippocrates, used cilantro for its medicinal properties.