



EVERYTHING
Herbal

— by Cheryl Jabz —

Herbs. Health. Healing. Naturally.

CILANTRO

(Cool-Weather Favorite)

Cilantro is a fresh, flavorful herb that adds a bright citrusy taste to your favorite dishes. It grows best in cooler weather.



FRESH
FLAVOR
EVERY DAY

GROWING TIPS



Sunlight: Full sun to part shade (at least 4–6 hours)



Soil: Light, well-drained soil



Water: Keep soil lightly moist



Planting: Direct sow seeds outdoors April–May. For plant again in late summer (August) for fall harvest.



Care: Grows fast but bolts (flowers) quickly in heat. Plant in succession every 2–3 weeks for continuous harvest.



Harvest: Pick leaves early, once it flowers, seeds become coriander.



USES IN THE KITCHEN & BEYOND

- ✦ Adds fresh flavor to salsas, soups, salads, and tacos
- ✦ Perfect in rice, beans, and stir-fries
- ✦ Great for guacamole and marinades
- ✦ Supports digestion and detoxification
- ✦ Leaves = cilantro
Seeds = coriander
- ✦ Can be used fresh or dried



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SCAN ME

Grow it
Love it
Use it!

Plant it • Nurture it • Enjoy it

Fresh Herbs. Better Meals. Naturally!

Cheryl Jabz

HERBALIST | AUTHOR | WELLNESS ADVOCATE



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