

## Culantro - Plant



Eryngium foetidum

Rating: Not Rated Yet

**Price**

Sales price R 123,456

Discount

[Ask a question about this product](#)

Description Eryngium foetidum is a tropical perennial and annual herb in the family Apiaceae. Its scientific Latin name literally translates as "foul-smelling thistle". Common names include culantro, Mexican coriander and long coriander.

**Common name:** Eryngium foetidum

**Color:** greenish

**Planting & Care**

It grows best in a well-drained, moist soil. Cilantro plants should be spaced about 6 to 8 inches apart. To harvest fresh cilantro all season, make successive sowings every 2 to 3 weeks starting in late spring. From the time of sowing seed, cilantro leaves can begin to be harvested in about 3 to 4 weeks.

**Temperature:** 75°F

**Care:**

- Plant cilantro in full sun and well-drained soil.
- Be mindful of cilantro's growing season.
- Plant cilantro in its own space so it has room to re-seed.
- Stagger plantings to ensure an uninterrupted harvest.
- Remember to fertilize every four to five harvests.
- Water germinating seeds well.

**Special Feature:**

Cilantro is a tender herb (along with mint and basil) which has gentle leaves that are best to add either raw or near the end of cooking in order to maintain their delicate flavor and texture.

Use

**Medicinal use:**

- Some studies suggest that increasing consumption of plant foods like cilantro decreases the risk of obesity, overall mortality, diabetes, and heart disease while promoting healthy skin and hair, increased energy, and overall lower weight.

- 

**Ornamental use:**

- The plant is used for ornamental purpose.
- 

**Note:**

for medicinal use, please consult appropriate doctor before use.

**Reference:**

<http://www.medicalnewstoday.com/articles/277627.php>

<http://www.flowersofindia.net/risearch/search.php?query=Culantro&stpos=0&stype=AND>