

Culantro - Plant



Culantro (*Eryngium foetidum*) is a biennial herb common throughout the Caribbean and Central America.

Rating: Not Rated Yet

Price

1184567

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Description

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Culantro Plant

Description for Culantro

Plant height: 3 - 6 inches

Plant spread:

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(s): Eryngium foetidum

Flower colours: greenish

Bloom time: -

Max reachable height: 4 to 8 inches long leaves

Difficulty to grow: easy to grow

Planting and 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.

In the wild, culantro growing conditions for thriving plants are shaded and wet. Even when the culantro plants are kept in shade, they tend to flower, a leafless stalk with spiky light green blossoms. Pinch the stalk or cut it off to encourage additional foliage growth. Mimic the natural growing conditions as much as possible, keeping the plant in the shade and consistently moist. Culantro plant care is nominal, as it is relatively pest and disease free. It is said to attract beneficial insects as well as defend against aphids.

Sunlight: partial shade

Soil: well-drained, moist soil

Water: medium

Temperature: 75F

Fertilizer: any organic fertilizer

Caring for Culantro

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.

Typical uses of Culantro

Special features: 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.

Culinary use: na

Ornamental use: The plant is used for ornamental purpose.

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.

References

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

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

Reviews

There are yet no reviews for this product.