

Cilantro/Coriander **“Long Standing” Variety** **PLANTING GUIDE**

Fun fact: Cilantro refers to the leaves; coriander refers to the seeds. Both are used in Indian, Asian and Latin cuisine. AKA Chinese or Mexican parsley.

Has been used for at least 5000 years – found in Egyptian Tombs!

HOW TO PLANT:

1. **Remove any weeds from the bed** (trowels & gloves in Garden Box-see map).
2. **Discuss where your two vegetables will be planted with respect to sunlight.** How can you plant your veggies so both get the maximum amount of sun? Arugula will reach 3-4” in height (i.e. not very tall).
3. **Row spacing.** Most plots will only accommodate **2-3 rows** of this giant spinach. **Space rows 8” apart.**
4. **Seed Depth.** Use the popsicle stick to dig a **small ½” deep hole** for each group of seeds.
5. **Planting seeds.** **Place a group of 3 seeds every 6 “ a part.** Have half the class plant at least 2 groups of seeds until you have at least 2-3 rows planted. Gently cover with soil.
6. **Mark your hole.** Place a popsicle stick near (not on top of) each seed grouping. Sticks tell us where we need to pay attention (i.e. watch for seedlings and where NOT to step).
7. **Water the beds (if desired) using watering can or hose (see garden map).** The drip irrigation system will provide water on a regular basis so it is not necessary. Show kids where the holes are in the irrigation lines.
8. **Clean and return any used trowels and gloves to the Garden Box.** Please keep gloves together in pairs as found.

MONITORING:

1. **Appearance of seedlings.** Seedlings should appear in **10-15 days.**
2. **Observe your plants regularly.**
3. **Insects.** Look for insects that might munch on the leaves!

HARVEST:

- ~ **28-50 days (cilantro)** post-planting to harvest
- Teachers and Garden Liaisons should remain in contact with each other for periodic updates and eventually the HARVEST!
- According to Botanical Interests, “Foliage can be harvested any time. Seeds should be harvested after they begin to turn brown and when the outer coat cracks, but before they drop off the plant and scatter. Cut stem and place in a brown paper sack to collect the seeds. Rubbing the seeds will cause the outer shell to drop off.”

<https://www.botanicalinterests.com/product/cilantro-coriander-long-standing-organic-heirloom-seeds-lg/srch:cilantro>