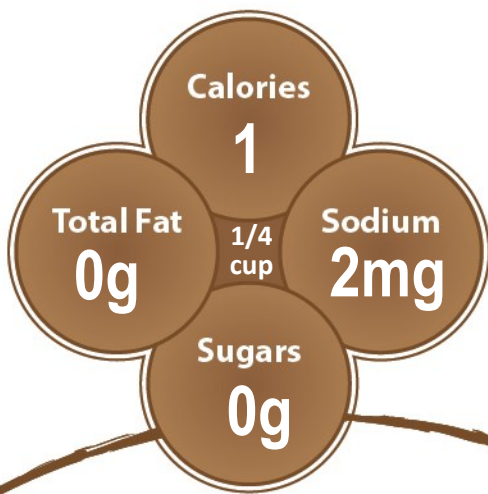


# Harvest of the Month



Cilantro

## FUN FACTS:

The leaves of the plant are used as an herb (cilantro), and the seeds as a spice (coriander).

Fresh cilantro leaves have a lightly citrus taste, similar to celery and lemon combined.

Cilantro is heavily used in Mexican, Indian, Middle Eastern and southeast Asian cuisines.

Fresh cilantro leaves don't have a long shelf life after being cut from the plant. Additionally, their aroma is completely lost when dried or frozen.

*This institution is an equal opportunity provider.*

