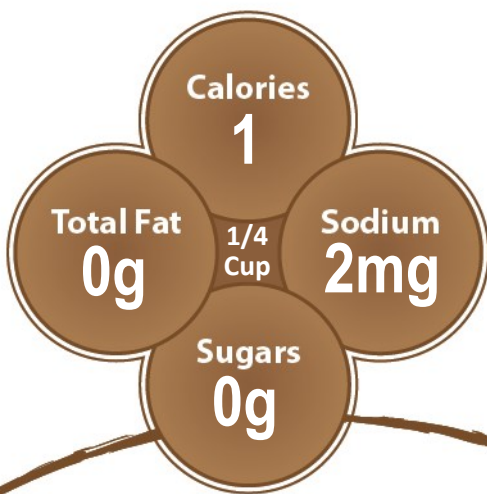


# Harvest of the Month



Cilantro

## FUN FACTS:

The leaves of the plant are the herb “cilantro.”  
The seeds of the plant are the spice “coriander.”

Fresh cilantro leaves have a short shelf life after being cut from the plant. Their aroma is completely lost when dried or frozen.

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

Cilantro and coriander are very different in flavor; they cannot be used as a substitute for each other.

This institution is an equal opportunity provider.

