

CORIANDER

TYPE:	Annual
SUN:	Full Sun
HEIGHT:	18 to 24 inches
GROWING IT:	Humus rich, well-drained soil. Can be grown in containers.
PARTS USED:	Leaves, seeds, roots
HARVEST:	Snip leaves as needed. When leaves die off and turn brown (usually starting in August) cut plants and dry. Store seeds in glass jars.
CULINARY:	Fresh leaves in salads, salsa, marinades, pesto, vinegars, and fish. Seeds and roots add a spicy flavor to soups and stews Main ingredient in chili sauces, curries, exotic dishes, and pickling spices.

TRY IT!

HALIBUT WITH CORIANDER PESTO

- 1/3 c. lemon juice
- 1/2 c. chopped fresh coriander
- 1 clove garlic, minced
- 1/4 tsp. salt
- 4 halibut fillets

PESTO

- 1 1/2 c. fresh chopped coriander
- 3 cloves garlic, minced
- 3 Tbs. pine nuts
- 1/2 c. shredded fresh Parmesan cheese
- 1/4 tsp. each salt and ground pepper
- 1/4 c. olive oil

Preheat grill to medium heat. Meanwhile, to prepare coriander pesto, place all pesto ingredients except oil in food processor or blender, cover and blend. Add olive oil in a slow steady stream at low speed until combined. Set aside. Combine lemon juice, 1/2 c. coriander, minced garlic salt and pepper in a small bowl. Pour over fish. Grill fish over medium heat 6 to 8 minutes on each side or until fish flakes with a fork. Serve with coriander pesto.