



CORIANDER SEEDS AND LEAVES

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Coriander is another name for cilantro and it is a very useful plant. All parts of it have tremendous health benefits. It is a plant easy to grow and requires very little care. It is a plant common in herb gardens. Once the plant matures, it gives out white flowers which then produce the seed. The seed is called dhania in Hindi, Telugu, Tamil, Kannada and many other Indian dialects.

Cilantro is a common garnish used in variety of cuisines worldwide, common to Asian, South American, Spanish and Middle Eastern cooking. The seeds are often powdered and used in curries. A common dish that includes cilantro is salsa.

While the leaves are primarily used for garnishes and chutneys, the seeds have many medicinal properties as well. The leaves are known to be rich in Iron, calcium, vitamin C and many essential oils. They also contain many minerals and vitamins. The seeds are known to aid in digestion, lower blood sugar, decrease blood pressure, fight food poisoning, improve cholesterol levels and help treat urinary tract Infections.