

CORIANDER (धनिया)

- **Scientific Name:** *Coriandrum sativum*
Cilantro (Leaf)
- **Type:** Herb
- **Colour:** Green as leaves and Golden- brown as seeds
- **Parts Used:** Leaves and Seeds



LEAVES



A BUNCH



SEEDS



SPICE



COME, LET'S EXPLORE!



- **Coriander** is a fresh, fragrant green herb.
- Its leaves are also called **cilantro** in many countries.
- We can use its leaves to **garnish** soups, salads, smoothies etc.
- The leaves are a good source of **Vitamin C** and **Vitamin K**.
- The seeds of coriander are small, round, and **golden-brown**.
- The seeds are roasted or ground to make **spices** for cooking.
- It is used in different foods like Indian **curries** and Mexican **salsas**.
- Both the leaves and seeds have different flavors—leaves are fresh, seeds are **nutty and warm**.
- It **grows** well in pots, gardens, and farms.
- It is used in **Ayurvedic** medicine for its health benefits.
- It helps us **digest** food and stay healthy.

