



## In This Issue

- Events
- In the garden
- Herb of the Year

### Events

This month's markets:

- ◆ Okura Bush , 11 Feb
- ◆ Coast Collective, 18 Feb

## Garden: Mid to late summer

January and February is a time of plenty in the garden. Tasks include:

Watering: stay on top of watering needs during the dry and hot days, especially if you have plants in pots. Mulch where you can to reduce water loss, don't water during the heat of the day, and encourage strong roots by deep watering.

Pest control: Hot weather proliferates certain pests and diseases in the garden, so keep a vigilant eye for any damage to your plants. Deal to any problems with ecologically friendly methods and products.

Harvest: With so much coming to fruition now, care should be taken to harvest timeously before the produce go to ruin. If you are lucky enough to have a glut, try some preserving recipes.

Seed-saving: Besides the produce, many herbs, flowers and vegetables also have seeds ready to be saved for next season's planting. Growing new plants from your own saved seeds is simply fantastic (and seed saving can become quite an addictive pastime!) Share your excess with seed banks and neighbours.

See gardening calendar attached for planting ideas.



Coriander

## Coriander International Herb of the Year for 2017

Coriander is a herb to which one does not often find ambivalence - people will either proclaim they love it and cannot live without it in their food, or they loathe it enough to write poetry on the subject\*.

Various studies published since 2012 suggest that your (strong) feelings towards Coriander is all in the genes.\*\* So eating more of it, or introducing it to your children from a young age may never change how it is perceived.

Love it or hate it, name it coriander or cilantro, dhanian or Chinese parsley, this herb has been chosen as the International Herb of the Year for 2017.

\* <http://ihatecilantro.com>

\*\* <http://www.nytimes.com/2010/04/14/dining/14curious.html>

# Herb or Spice?

*Coriandrum sativum* give us both a herb and a spice. The fresh or dried green parts - leaves and stems - are seen as a herb, while the dried seed, either whole or dried, is used as a spice.



## Uses

### Culinary

*Fresh leaves and stems* are used especially in Thai and Vietnamese food, but is also popular in many other cuisines.

Chop into sauces, scatter over soup, into salads, or add to marinades.

*Seeds* are often added to curry spices and salsas, and is used in preserves and baking.

*Roots* have been cooked and eaten as a vegetable.



Curry

### Medicinal

A pesto of cilantro (see recipe at end) is used to help chelate heavy metals after a physician found that patients excreted

more heavy metals after eating a particular cilantro rich Chinese soup. It has also been traditionally used as an eyewash (seeds) or tea (leaves) for various problems.

### Household and beauty

Seeds can be added to potpourri.

An astringent and anti-inflammatory after-shave lotion can be made by simmering 30g of year old seeds in a tablespoon of honey and 500ml of water for 20 minutes, and then adding a tablespoon of witch hazel to the cooled liquid.

### Garden

The flowers of coriander attract beneficial predatory insects, such as hoverflies, and are planted around lettuces, cabbages and carrots.

### Ritual

Known in love potions, the basic power of cilantro is love and the element associated with it is fire. It is believed that growing coriander in the garden will protect the gardener and all who reside in the household.

## Growing

By far the most common complaint when growing coriander, is that it "bolts", or goes to seed, long before the gardener wants it to.

This is easily remedied by starting with a variety that is called "Slow Bolt" (still goes to seed under the wrong conditions), or to sow directly (they don't like being transplanted) in a sheltered and sunny part of the garden that will get semi shade, especially during the hot afternoons. Coriander grows best in rich but light soil, and in the cooler parts of the year—early spring or autumn.

Harvest the young leaves regularly, and pinch out any flowering stems to prolong leaf production. Sow successively to maintain a yield of fresh leaves.

It is said that coriander dislikes growing near fennel, but will speed up the germination of aniseed.



## Cilantro Chelation Pesto

\*\*\*

- 4 cloves garlic
- 1/3 cup Brazil nuts (selenium)
- 1/3 cup sunflower seeds (cysteine)
- 1/3 cup pumpkin seeds (zinc, magnesium)
- 2 cups packed fresh cilantro (vitamin A)
- 2/3 cup flaxseed oil
- 4 tablespoons lemon juice (vitamin C)
- 2 tsp dulse powder
- Sea salt to taste

Process the cilantro and flaxseed oil in a blender until the coriander is chopped. Add the garlic, nuts and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add a pinch to sea salt to taste and blend again. Store in dark glass jars if possible.

Take 2 tsp daily for 3 weeks at least once a year.

\*\*\* <https://ybertaud9.wordpress.com/2012/04/07/cilantro-pesto-removes-heavy-metals-health-benefits/>