



2010 Promising Plant

Eryngium foetidum

Mexican Coriander

Promising Qualities

- ◆ Strong flavor, similar to coriander
- ◆ Heat and humidity resistant
- ◆ Can be used year round if grown in container
- ◆ Retains good color and flavor when dried

FAMILY

Apiaceae/Umbelliferae

GENUS

Eryngium

SPECIFIC EPITHET

foetidum

COMMON NAMES

culantro, false coriander,
fitweed, spiritweed,
Mexican coriander

FLOWER COLOR

green

PLANT TYPE

tender perennial, biennial

PROPAGATION

seeds, division

USE

culinary, aromatic,
medicinal

HEIGHT/WIDTH

6-10"/

LIGHT

sun to part sun

WATER

normal

SOIL

garden loam, sandy

ZONE

9a, 9b-11

HABIT

rosettes, mounding

Mexican coriander, *E. foetidum* is used like its close cousin cilantro for cooking, and it is a frequent ingredient in Latin American, Caribbean and Asian cuisines. Fresh leaves are commonly used in chutney and soup. Immature flower stalks can also be used for culinary purposes. Culantro does well in containers and can be brought indoors and used throughout the year. Avoid bright, hot sun as this tends to cause the plant to flower prolifically, slows leaf production, and affects the taste. The elongated leaves, which grow in rosettes, have a vicious-looking serrated edge. However, they are surprisingly soft and easily softened when cooking. Flower heads should be removed in order to keep the plant vegetative and the leaves supple. **Please note:** *Eryngium foetidum* is invasive in Fiji and Hawaii.

Where can I find this plant?

- ◆ Johnny's Select Seeds
www.johnnyseeds.com
- ◆ Mulberry Creek Herbs
www.mulberrycreek.com
- ◆ Richter's Herbs
www.richters.com

The Herb Society of America
9019 Kirtland Chardon Road
Kirtland, OH 44094
440.256.0514
www.herbsociety.org

