



Coriander - Slow Bolt

Coriander should be grown quickly or else it may bolt to seed. Fertilise your plant every second week with liquid fertiliser or worm tea. Wet the leaves as well as the root zone for maximum uptake of nutrients. Mulch around the base of the plant and water regularly, at least every second day.

Add to salads, dressing, dips, noodle dishes, meat marinades, soups, stews and stir fries. Leaves may be chopped and frozen with a few drops of water in ice cube trays.

Some people have a gene that causes coriander to taste soapy or metallic, but to most people they are aromatic and fresh with a citrus like flavour.

ERINDALE COMMUNITY GARDEN