

CILANTRO

Selection Info

Chose cilantro that has bright green leaves. Avoid cilantro with wilted or limp leaves and leaves with yellow or brown spots.

Preparation

Rinse cilantro in cool water to remove dirt just before use, then pat dry.

You can use cilantro whole (leaves and stems) or just the leaves .

Storage

Short-Term Storage: Cilantro can be stored several ways. You can place the stem ends in a glass of water, cover with a plastic bag, and place in the refrigerator. Or, you can store trimmed stems in an airtight container in the refrigerator.

Store seeds and powder in a glass airtight container in cool, dark, and dry location. You can store the seeds and powder from 6 months to 1 year.

Long-Term Storage: Cilantro can be frozen or dried.



Looking for a source of fresh local fruits and vegetables??? . . .

Look here . . . www.purdue.edu/foodlink/about.php

Funding provided by USDA Speciality Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

