

# Cilantro

Coriandrum sativum

Non-GMO Sprouting/Micro Greens

**Cilantro greens** are grown from Coriander seeds and feature a completely unique flavor. They are often used in Mexican and Asian dishes. They can also be used as a garnish (like parsley). Cilantro is easy to grow, but requires a little more time than typical sprouts.

**Seeding Rate:**

*Indoor:* 2-3 tsp./ 5"x 5" tray  
*Outdoor:* 30-40 lbs./acre

**How to Grow:** Sprouting is best done in trays. For best results, plant 2 to 3 teaspoons of seed (5"x 5" tray) on a thoroughly moistened medium. Spread 5 to 8 seeds per square inch. Cover the planted tray with another tray to keep light out and moisture in. *Do NOT water the seeds until after they germinate.* Keep your medium moist by watering lightly as needed. Do not drench the medium. *(Using Coconut Coir will require less watering overall).* When the plants begin to show leaves (2 to 6 days), remove cover and move tray to a well lit location. Harvest when leaves open and are 1-3" tall (day 14-30). Cut just above the medium with a sharp knife or scissors.

**Transplanting Outdoors:** Place transplants 3 to 4 inches apart in shallow holes in garden. Cover roots and water thoroughly. When plant reaches 2 inches tall, thin to 3 to 4 inches apart. *Cilantro* grows best in full sun and crowded conditions. The plant's leaves will shade the roots and prevent it from bolting. Water regularly. Cut flower heads upon emergence to redirect energy to the leaves for a larger harvest.

**Nutritional Value:** Sprouting seeds are richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants. The vitamin and mineral content varies based on the variety of the sprouting seeds. Sprouts offer a powerful source of vitamins, minerals, antioxidants, and enzymes that fight free radicals because sprouting can increase their potency by 20 times or more.



A fully certified organic and non-GMO variety



Growth Habit	Germination Rate Days	Days to Maturity	Temperature Range	pH Range	Plant Height	Row Spacing	Light Requirement	Plant Width	Certified Non-GMO
Upright	Fast 2-3 days	Med 14-30 days	Mild 60°-70°F	Medium 5.6-6.2	Sprouts 1-3"	Plants 3-4"	Full Sun (after first 2 days)	Plants 1-1.25"	Yes

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