



Herb, Cilantro

Purchasing Specifications

Availability:

Year round

Growing Regions:

Mexico, USA

Receiving Information:

- Good quality herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to stems.
- Avoid herbs with brown, black, or bruised leaves. Avoid herbs with limp leaves or that are flowering.
- Received cilantro heated: Open bags to release excess moisture and leave open for 2 to 3 hours then close and store in a cooler.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Fresh herbs are sensitive to ethylene; exposure to the gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- For best quality, keep herbs away from ethylene-producing and ripening rooms.

- Taste: A pungent mix of sage and citrus.
- Scientific Name: *Coriandrum sativum*
- Outside Coloring: Dark green leaves, green stems
- Flesh Description: Green, waxy, fawning leaves.
- Shape: Thin leaves and stem
- Usage: Used in Indian, Asian and Mexican cooking, bean dips, stir fries, chilis, salsas and guacamole.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

	Fat Calories
	% Daily Value*
Calories 4	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 0mg	0%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	2%
Sugars 0g	
Protein 0g	0%
Potassium 83mg	2%
Vitamin A 8%	Vitamin C 6%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.