



The Etna Library's



Spice of the Month Program

Spice for August, 2024: **CILANTRO**

Interesting Facts about Cilantro (from specialityproduce.com)

Cilantro, also known as Coriander, is an ancient herbaceous plant considered by experts to be native to Southern Europe and Asia Minor. In the Early Ages, the leafy plant and its seeds were spread to Egypt, Southwestern Europe, and Eastern Asia along trade routes. Cilantro was documented in Egyptian records as early as 2500 BCE, and the seeds were discovered in Israeli caves that have been dated to be over 8,000 years old.

Cilantro leaves were also mentioned in Chinese agricultural writings in the 5th century and were utilized throughout the Greek and Roman Empires in medicinal and culinary preparations. In the 16th century, Spanish explorers were said to have introduced the herb to the New World.

In Ancient Egypt, the Coriander plant was viewed as a medicinal and culinary ingredient highly valued for maintaining health and providing energy. Coriander seeds were often placed in the tombs of Egyptian Pharaohs, including King Tutankhamen and Ramses II, as herbs were believed to help reduce fevers. Many Egyptians believed the Pharaohs could take these seeds into the afterlife to grow Coriander plants for medicinal and culinary purposes.



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Dried Cilantro Salsa



Prep Time: 5 min

Cook Time: 0 min

Servings: 5

A super simple recipe for zesty
salsa!

Ingredients:

5 fresh tomatoes

1 green pepper

1 small onion

1 teaspoon lemon juice

1/8 teaspoon salt

1 teaspoon dried cilantro

Directions:

- Rinse the onion under cold running water and add it to the food processor. Process until it's well-chopped.
- Next, add the other ingredients. Toss in the diced tomatoes, pepper, cilantro, lime juice and zest, and salt.
- Pulse until everything is combined but not pureed. The texture should be chunky. Season to taste, and enjoy!
- Store any leftover salsa in an airtight container in the fridge for up to 3 days.

Source:

<https://www.cleverlysimple.com/dried-cilantro-in-my-salsa/>