



FACE PACK

**DIGESTIVE
HERB**



**FRESH
DELICIOUS
GUACAMOLE**

CANNY CORIANDER

CORIANDRUM SATIVUM

**VITAMIN A
VITAMIN C**



PLANTING

SOWING TIME

Spring, Summer, early Autumn

GERMINATION

Seven - ten days

HEIGHT

40-50cm

PLANTING INSTRUCTION

1. Scatter seeds thickly across moist soil
2. Cover seeds with 1cm potting soil
3. Pat soil down gently
4. Water carefully with Sebor watering can & fine rose
5. Plant out a few seedlings when big enough to handle in the garden 30cm apart

EXPOSURE

Best is six hours of sun per day (windowsill will do)

PARTS USED

LEAVES

(Herbs can be used from a young age)
The more you harvest, the more leaves the herb will produce and branch out. The container can be used time and again for succession sowing & planting.



DELICIOUS GUACAMOLE!

Serves 4

ALL YOU NEED

- 2 large or medium-sized avocados, just ripe
- 2 medium-sized firm ripe tomatoes, finely chopped
- 1 medium onion, finely chopped
- 3 tablespoons fresh young coriander leaves, finely chopped
- Juice of 1 lemon
- Sea salt and black pepper to taste
- 1 teaspoon crushed coriander seeds

OK! LETS GO!

Mash the avocados and mix in the chopped tomatoes, onions and coriander leaves. Season with the lemon juice, salt, black pepper and coriander seeds and mix gently. Serve as a dip with crisp celery sticks and fresh cauliflower florets, as a piquant sauce with grilled meat or chicken or spread on rye bread.

CORIANDER FLAVOURING SALT

This delicious flavouring is one of the world's most enjoyed ever.

ALL YOU NEED

- 1½ cups coarse sea salt, crushed and pounded
- ½ cup crushed coriander seeds
- ½ cup cumin seeds
- ½ cup mustard seeds
- ½ cup dried coriander flowers (optional)
- 1 dessert spoon grated lemon zest
- 2 teaspoons coarsely ground black pepper

Mix everything together in a large bowl and spoon into screw-top glass jars. Label and seal.

GOOD HEALTH



Coriander is a wonderful digestive herb.

A few seeds well chewed or made into a tea will relieve flatulence, colic, heartburn, bloating, griping and belching. It is an excellent herb for nervous tension and upsets, temper tantrums and bad moods. To make the tea, use one teaspoon of lightly crushed coriander seeds (or ¼ cup fresh flowers and leaves). Pour a cup of boiling water over the herb and allow the tea to stand for five minutes. Strain and sip slowly. Coriander seed can also be chewed to sweeten the breath, especially garlic breath. Coriander is rich in calcium, phosphorus and magnesium and together with its vitamin A & C content, it is a valuable addition to the diet.

FRESH FACE PACK

Ingredients

- Coriander Flowers
- Hot water
- Apple cider vinegar

Coriander flowers make a smoothing face pack for oily, spotty skin. Steep in hot water to warm them thoroughly and then apply as a face pack. Cover with a face cloth wrung out in hot water and relax for 10 minutes. Rinse in tepid water to which a little apple cider vinegar has been added.