



Hara dhaniya (Coriander)



Botanical Name: *Coriandrum sativum* L.

Family name: Apiaceae

Commercial part: Leaf and seed

Coriander is probably native to the Middle East and southern Europe, but has also been known in Asia and the Orient for millennia. It is found wild in Egypt and the Sudan, and sometimes in English fields. It is referred to in the Bible in the books of Exodus and Numbers, where the colour of 'manna' is compared to coriander. The seed is now produced in Russia, India, South America, North Africa — especially Morocco - and in Holland. It was introduced to Britain by the Romans, who used it in cookery and medicine, and was widely used in English cookery until the Renaissance, when the new exotic spices appeared. Among ancient doctors, coriander was known to Hippocratic, and to Pliny who called it *coriandrum* for its 'buggy' smell, *coris* being a bug; or perhaps because the young seed resembles *Cimex lectularius*, the European bed-bug.

Description

Coriander is an important spice crop having a prime position in flavouring food. The plant is a thin stemmed, small, bushy herb, 25 to 50 cm in height with many branches and umbels. Leaves are alternate, compound. The whole plant has a pleasant aroma. Inflorescence is a compound umbel comprises 5 smaller umbels. Fruit is globular, 3 to 4 mm diameter, when pressed break into two locules each having one seed. Fruit has delicate fragrance; seeds are pale white to light brown in colour.

There are two distinct morphological types, one erect and tall with a comparatively stronger main shoot and the other bushy with a relatively weaker main shoot and longer spreading branches.

Propagation and Planting

The propagation of coriander is through seeds. Seeds can be sown directly in the garden or in a container or pot. Plant the seeds 1/2" to 1" deep, 2-3 feet apart in rows and rows should be 15" apart. Coriander traditionally germinates very slowly and can take as long as 21 days to emerge. Ensure regular watering and that the soil is warm enough for speedy germination.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

The plant prefers well drained loamy soils rich in organic matter with a pH of 5.5 to 6.5. Soil should not be too rich with organic matter as too much nitrogen lessens the flavour. The plant requires partial shade but fairly high temperature and sufficient water. The plant can be kept in full sun but must be shaded during the heat of day to protect against sunscald. Too much heat can damage the fruit. They need a long season to ripen, so choose an early variety.

Coriander leaves can be picked when the plant is immature i.e only a few inches tall. Fresh tender leaves have better flavour. But seeds ripen only after a long season say about 2 1/2 months before they are ready to be picked. Harvest seeds when fruits turn brown and before they shatter. Mature or ripe fruits have a distinct spicy aroma. Leave the seed heads in a dry airy place for 2-3days. Shake off the seeds and store for later use.

Coriander Indian Names

Bengali	Dhana, Dhania
Marathi	Dhana
Gujarati	Kothmiri, Libdhaba
Sanskrit	Dhanyaka
Hindi	Dhania or Dhanya
Tamil	Kothamalli
Kannada	Kothambri, Kothamiri bija
Punjabi	Dhania
Telugu	Dhaniyalu

Coriander in international languages

Spanish	Culantro
French	Corriandre
Arabic	Kuzhbare
Chinese	Hu-sui
Swedish	Koriander
Portuguese	Coentro
Russian	Koriandr
Japanese	Koendoro
Dutch	Koriander

Properties and Uses

The coriander plant yields both the fresh green herb and the spice seed and has been used since ancient times. The small, woody root is used as a vegetable in some parts of China, but this use is not significant in international trade. The green herb is used very widely in several cuisines. The leaf is available in markets from Beirut to Beijing, as well as Japan and both Mexico and South America. The herb is a key component to curries, and when ground with green chillies, coconut, salt and a squeeze of lemon, it makes delicious common Indian chutney.

Bunches of green coriander can be distinguished in the market not only for their aroma (which has been labelled "unpleasant" by some not familiar with its uses), but also for the bundles of lower, fan-like leaves and upper feathery greens. The leaves are not suitable to be dried for culinary use.

The spice is an important item of international trade. Coriander is widely used in whole or ground forms for flavouring purposes. In India, coriander goes into curry powders (25 to 40 per cent of world production) and is used to flavour liqueurs in Russia and Scandinavia, as well as being an important flavouring agent in gin production. The fruits are also used (both whole and ground) in baking, sausages, pickles, candies, sauces and soups.

The spice is also employed for the preparation of either the steam-distilled essential oil or the solvent-extracted oleoresin. Both products can be used in the flavouring and aroma industries. Essential oils can be fractionated to provide linalool (usually 60 to 70 per cent), which can be used as a starting material for synthetic production of other flavouring agents, such as citral and ionone.

The seeds have been used medicinally since ancient times. One pharmaceutical use of coriander seed is to mask or disguise the tastes of other medicinal compounds (active purgatives) or to calm the irritating effects on the stomach that some medicines cause, such as their tendency to cause gastric or intestinal pain.

Coriander is a commonly used domestic remedy, valued especially for its effect on the digestive system, treating flatulence, diarrhoea and colic. It settles spasms in the gut and counters the effects of nervous tension. The raw seed is chewed to stimulate the flow of gastric juices and to cure foul breath, and it will sweeten the breath after garlic has been eaten. Some caution is advised, however, because if used too freely, the seeds can have a narcotic effect.

Used externally, the seeds have been applied as a lotion or have been bruised and used as a poultice to treat rheumatic pains. The seed essential oil is used in aromatherapy, perfumery, soap making and food flavouring. The oil is also fungicidal and bactericidal.

The seed contains about 20 per cent fixed oil, thus creating the potential to become an alternative to oilseed rape, although the oil content is somewhat low in present varieties. The oil can be split into two basic types: one is used in making soaps, etc. while the other can be used in making plastics.

The growing plant repels aphids. A spray made by boiling one-part coriander leaves and one-part anise seeds in two parts water is said to be very effective against red spider mites and woolly aphids.

The dried stems are used as a fuel.

History

The use of coriander can be traced back to 5,000 BC, making it one of the world's oldest spices. It is native to the Mediterranean and Middle Eastern regions and has been known in Asian countries for thousands of years. Coriander was cultivated in ancient Egypt and given mention in the Old Testament. It was used as a spice in both Greek and Roman cultures, the latter using it to preserve meats and flavor breads. The early physicians, including Hippocrates, used coriander for its medicinal properties, including as an aromatic stimulant.

The Russian Federation, India, Morocco and Holland are among the countries that commercially produce coriander seeds. Coriander leaves (cilantro) are featured in the culinary traditions of Latin American, Indian and Chinese cuisine.

Health & Nutrition Benefits of Eating Coriander

- * Coriander leaves act as stimulants and tonics for the stomach, strengthening its functions as well as promoting digestion.
- * Coriander seeds have been associated with offering a feeling of coolness and also reducing fever.
- * It has been seen that coriander helps in the removal of phlegm and also aids secretion and discharge of urine.
- * Containing an antibacterial compound, cilantro has been found to provide a natural means of fighting Salmonella, a cause of food-borne sickness.
- * Coriander has anti-inflammatory properties that might alleviate symptoms of arthritis.
- * Researches have pointed out that coriander helps stimulate the secretion of insulin and also lowers blood sugar.
- * Coriander keeps health problem at bay, by helping lower bad cholesterol and raise good cholesterol.
- * Consumption of coriander seeds has been known to lessen excessive menstrual flow.
- * Coriander juice, when mixed with a pinch of turmeric powder, serves as an effective remedy against pimples, blackheads and dry skin.
- * Cilantro is good for treating nausea and intestinal gas and is also a good source of dietary fiber.
- * Coriander has been found to provide effective protection against urinary tract infections.

Nutritional Value of Coriander

Given below is the amount of nutrients in 100 gm of coriander

- * Protein - 2.13 g
- * Fiber - 2.8 gm
- * Water - 92.21 gm
- * Carbohydrate - 3.67 gm
- * Fats - 0.52 gm
- * Vitamin A - 6748 IU
- * Vitamin B6 - 0.149 mg
- * Niacin - 1.114 mg
- * Riboflavin - 0.162 mg
- * Thiamin - 0.067 mg
- * Vitamin C - 27 mg
- * Vitamin E - 2.5 mg
- * Vitamin K - 310 mg
- * Calcium - 67 mg
- * Copper - 0.225 mg
- * Iron - 1.77 mg
- * Manganese - 0.426 mg
- * Magnesium - 26 mg
- * Phosphorus - 48 mg
- * Potassium - 521 mg
- * Selenium - 0.9 mcg
- * Sodium - 46 mg
- * Zinc - 0.5 mg
- * Energy - 23 Kcal

Preparation and Storage

Coriander seed is generally used coarsely ground or more finely powdered, depending on the texture desired. It is best bought whole as, being brittle, it is easy to mill or pound in a mortar. Ground coriander is apt to lose its flavour and aroma quickly and should be stored in an opaque airtight container. Whole seeds keep indefinitely. Their flavour may be enhanced by a light roasting before use. As coriander is mild, it is a spice to be used by the handful, rather than the pinch. The leaves can be chopped or minced before use. They lose flavour when dried, but may be frozen either blanched or chopped and frozen into ice cubes.

Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.



Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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