Harvest of the Month

Network for a Healthy California

Cilantro

Located on 9 acres of rolling hills in Browns Valley, Higareda Family Farm grows seasonal vegetables and citrus year round, and raises Animal Welfare Approved (AWA) eggs. The multigenerational family farm includes Sandra and Paco Higareda, their children and grandchildren and Paco's father. The Higaredas began farming on their land in 2012, and now have 3 acres in production, and are CCOF-certified organic. They have vegetable fields and pasture for their chickens. Sandra believes that chickens deserve the highest-welfare practices. "I try to work to make their environment as natural as possible. In return for the products they give us, we try to give them the best life possible!" Their seasonal produce and delicious eggs can be found at Briar Patch Food Co-op. Watch the video: https://www.youtube.com/watch?v=W1axZbpERJc&t=2s

7100 students in Western Nevada County will sample Cilantro this month through Sierra Harvest's Farm to School Program!

Cilantro Pesto

Recipe by Shauna Shultz
Serves 8, Preparation time: 5 minutes

2 small or 1 large bunch cilantro, washed,very bottom of stems trimmed
¼ cup water
Juice of one lime
½ cup pumpkin seeds (or any nut or seed of your choice)
2 garlic cloves
Pinch of salt and black pepper
¼ cup olive oil or any nut based oil

Combine cilantro, water, lime juice, pepitas, garlic, salt, pepper and oil in a food processor. Process until smooth. *Per Serving: 110 calories, 3g protein, 2g carbohydrate, 11g fat (1.5g saturated), 0 mg cholesterol, 52 mg sodium, 0.5g fiber*

CCOF Certified Organic
www.ccof.org
USDA – National Organic

Healthy Serving Tips:

- Make fresh salsa with chopped tomatoes (or mangos in winter), cilantro, onion, jalapeno or dash chili powder, lime juice and salt
- Serve in salads, with Mexican food, or in fresh spring rolls

cal fresh
BETTER FOOD FOR BETTER LIVING

If your student is eligible for free/reduced school meals, you likely qualify for CalFresh, which can help you afford healthy and nutritious food:
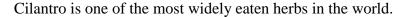**C4Yourself.com**

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Cilantro Fun Facts

For all ages:

Cilantro is the leaf of the coriander plant and is a versatile culinary herb. Cilantro is the Spanish name for coriander. It is also called Chinese parsley.

Cilantro is related to parsley, carrots, celery, fennel, cumin and dill.

Cilantro is one of the most widely eaten herbs in the world.

The entire plant is edible. You can chop up and use the washed stems along with the leaves.

The spice coriander comes from ground, dried coriander fruits which are often called seeds.

Parts of the coriander (cilantro) plant were found in King Tut's tomb.

Cilantro is often confused with parsley or Italian parsley because of their green feather-like leaves. One way to tell them apart is that cilantro has a stronger smell and thinner, more delicate leaves.

For older students:

Science: The scientific name for cilantro is *Coriandrum sativum.* It is part of the Apiaceae family.

A small percentage of people have a gene that makes cilantro smell and taste strongly like soap to them. These people have a variation in a group of olfactory-receptor genes that allows them to strongly perceive aldehydes in cilantro leaves. Some people who don't like whole cilantro like it ground, as in cilantro pesto. Crushing the leaves releases enzymes that convert the soapy compounds into more mild aromas.

History: Cilantro is native to Iran, but grows wild in much of Western Asia and southern Europe. Archeological evidence suggest that it was cultivated in Ancient Greece and Ancient Egypt. Cilantro was grown in the famed hanging gardens of Babylon. It was brought to North America in 1670 by the British.

Nutrition: Cilantro is rich in vitamins A, C and K, as well as fiber, calcium, potassium, iron, magnesium and manganese.

Cilantro's flavor is strongest when raw, so it is often used uncooked, or added to dishes at the end of the cooking.

Cilantro is a common ingredient in many South Asian foods (such as chutneys and salads); in Chinese, Thai, and Burmese dishes; in Mexican cooking, particularly in salsa and guacamole and as a garnish; and in salads in Russia.