

## Coriander, Mexican

*Eryngium foetidum*



Leaves are tough, but if sliced and then chopped they are quite tasty. Unlike other corianders, this variety dries well, retaining good colour and flavour, and it can stand some cooking -- properties that may become significant to the dried spice market.

It is said to be especially beneficial for the digestive system, while boosting appetite at the same time. The powerful mix of nutrients in the herb increases human immunity, preventing many diseases. Zones 8 –11