

A

Project on “Environmental Education”

“Plantation of one indigenous or fruit species at home”

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Teacher's Signature

Contents

Sl. no.	TOPICS	Page No.
1	Introduction : <ul style="list-style-type: none">• Historical Background• Botanical Description• Culinary Uses• Nutritional and Medicinal Properties• Cultivation and Harvesting• Coriander in Cultural and Modern Context.	03 - 08
2	Growing Coriander a Comprehensive Guide	09 - 11
3	Coriander Growth Report	12 - 15
4	Conclusion	16 - 17
5	Bibliography	18

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Introduction

Coriander (*Coriandrum sativum*) is an annual herb native to the Middle East and the Indian subcontinent. It belongs to the parsley family (Apiaceae) and is also known as cilantro or dhania. The plant grows to a height of 1-3 feet and has delicate, lacy leaves and small, white or pale purple flowers. The seeds are globular and ribbed, with a warm, earthy aroma.

Coriander has been cultivated for over 3,000 years, with records of its use dating back to ancient civilizations in Egypt, China and India. It was highly valued for its culinary, medicinal and spiritual properties. The herb was used to flavour food, treat various ailments, and even as a symbol of love and immortality. Today, coriander is an essential ingredient in many global cuisines, particularly in Middle Eastern, Indian and Asian cooking. The leaves and seeds are used in a variety of dishes, from curries and stews to salads and chutneys. Coriander is also used as a natural remedy for digestive issues, anxiety and insomnia. Beyond its culinary uses, coriander has been used in traditional medicine for its potential digestive and anti-inflammatory properties.

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