

The Magic of Coriander for Cooking and Healing



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(Jack Hirthe)

THE MAGIC OF CORIANDER FOR COOKING AND HEALING

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Magic of Coriander For Cooking and Healing Table of Contents Introduction How to Grow Coriander Where to Get Seedlings? Self Seeding Planting Harvesting Best Choice Cilantro or Culantro? Fresh Coriander or Dried Coriander How to Use Coriander Seeds Coriander Seeds for Preservatives Sunstroke And Other Heat Related Problems Conjunctivitis Cure Some Ancient Knowledge about Viral Diseases like Chickenpox And Measles Suffering from Headaches? Diarrhea Coriander Mint Chutney Hair Loss and Baldness Coriander as A Natural Diuretic. Piles Remedy Insomnia All Healthy Coriander Juice Throat Infections Coriander Sherbet - Natural Cough Syrup Easy to Cook Coriander Recipe Coriander Rice Conclusion Author Bio Introduction If you happen to enjoy your food, it is possible that you may find yourself missing some particular ingredient, because you are so used to seeing it being sprinkled on your food, before it was served up to you. These food items include salt, pepper, possibly some honey for sweet dishes, sauces, syrups, nuts, and of course garnishing like tomatoes, onions, and chopped coriander. I am happy to introduce you to one of these wonder spices, which also happens to be a herb. It is known as coriander. The leaves of the coriander are used along with the seeds, which have a distinct flavor and taste. This plant is an herb and that is why it is not going to grow very large. Green coriander leaves are normally ground-up in the summer, along with mint leaves, and made into chutney. That is because there is an impression, coming down through ancient times, that coriander is excellent for cooling down your systems. That is why coriander use is not encouraged in the winter!...



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