



JUNE 2026

CILANTRO



Each month from February to November, we'll offer a free "take-and-make" spice kit highlighting a different spice, herb, or blend. Each kit includes a small portion of the featured spice, enough for the suggested recipes on the back page. Kits will be available starting the first Monday of the month at the Adult Services desk at both Harnish and Eastgate branches. Supplies are limited. Please take one kit per household. After trying the recipes, we'd love to hear from you! Share your photos, tips, or feedback at info@aapld.org.

Cilantro is a fragrant leafy herb from the parsley family, scientifically known as *Coriandrum sativum*. While the leaves are commonly called *cilantro* in North America, the seeds are known as *coriander*. Native to regions of southern Europe, North Africa, and western Asia, cilantro is now widely cultivated and used around the world. It is recognized for its bright, citrusy flavor and distinctive aroma, although some people perceive its taste as soapy due to genetic differences in taste receptors. When cilantro flowers, it produces delicate white or pale pink blossoms that attract bees and other pollinators. The entire plant is edible: leaves, stems, roots, seeds, and even flowers.

Culinary Uses Cilantro is widely used in cooking and is especially popular in Mexican, Indian, Middle Eastern, and Southeast Asian cuisines. It is commonly used in salsas, curries, soups, salads, tacos, rice dishes, and sauces such as chutney and chimichurri. The seeds, known as coriander, have a warm, slightly sweet citrus flavor and are frequently used dried or ground in spice blends.

Health Benefits: Cilantro contains vitamins A, C, and K, along with antioxidants and small amounts of minerals such as potassium and manganese. It has traditionally been associated with digestive support and anti-inflammatory properties.

Cultural Facts Archaeologists have found evidence of coriander in ancient Egyptian tombs, and both the Greeks and Romans used the herb in cooking and medicine. Despite its popularity, cilantro is also known for being one of the world's most divisive herbs because of the way different people experience its taste.

ALLERGEN WARNING AAPLD is not responsible for any reactions or sensitivities to any spice. Please be aware that spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.





ZUCCHINI SOUP WITH CRÈME FRAÎCHE AND CILANTRO

Ingredients

- 1/4 cup extra-virgin olive oil
- 1 large leek, white and tender green parts only, thinly sliced
- 1 large poblano, cored, seeded, and thinly sliced
- 5 medium zucchini (2 1/4 pounds), cut into 1-inch rounds
- 2 large garlic cloves, thinly sliced
- Salt and freshly ground pepper
- 1 quart chicken broth
- 3 tablespoons cilantro
- 1 cup crème fraîche

Source: foodandwine.com

Instructions

- In a large pot, heat the olive oil until shimmering.
- Add the leek and poblano and cook over moderate heat, stirring, until softened, about 8 minutes.
- Add the zucchini and garlic, season with salt and pepper and cook, stirring occasionally, until crisp-tender, 5 to 6 minutes.
- Add the chicken broth and bring to a boil. Simmer over moderate heat until the zucchini is very tender and no longer bright green, about 15 minutes.
- Add cilantro.
- Working in batches, puree the soup in a blender or food processor until very smooth. Return the soup to the pot, whisk in the crème fraîche and reheat gently if necessary. Season with salt and serve.

BLACK BEAN AND CORN SALAD



Ingredients

- 1/2 cup olive oil
- 1/3 cup fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/8 teaspoon ground cayenne pepper
- 2 cans black beans, rinsed and drained
- 1 1/2 cups frozen corn kernels
- 1 avocado - peeled, pitted and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 6 green onions, thinly sliced
- 2 tablespoons cilantro

Instructions

- Place olive oil, lime juice, garlic, salt, and cayenne pepper in a small jar. Close the lid tightly and shake the jar until the dressing is well combined.
- Combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro in a salad bowl.
- Shake dressing again, pour over salad, and toss to coat. Enjoy!

Source: allrecipes.com