

Nepalese Coriander

Coriander is the name given to the fruits or seeds of the plant cilantro (*Coriandrum sativum* L.). Coriander is grown in Nepal. Nepal consists of three distinct types of land each of which is viable for the production of coriander. To the north, Nepal has its mountain regions which is not ideal for an extremely large industrialization of the production of coriander; however, it is still feasible to produce coriander in these geographic conditions. Just south of the Nepalese mountains lays the hill region, which thanks to modern agricultural advancements and practices has become more appealing for companies that wish to industrialize the production of coriander. The remainder of Nepalese land is relatively flat and extremely ideal for the mass production of coriander. The cultivation of many crops in this type of land is extremely easy. Coriander is an extremely versatile plant. Coriander has been shown to have many extremely beneficial properties that aid one's health. Coriander is also used as a spice to flavor many native dishes in Nepalese cuisine.

Coriander is a remarkable plant that achieves maturity in 30 to 40 days. This means there may be multiple harvests throughout the year. This

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characteristic of Coriander makes it a more economically feasible because it allows the farmer to generate income throughout the season. Coriander's growth in the field can be shortened by sprouting the seeds in a greenhouse or indoors for the farmers who do not have access to a greenhouse. Once the Coriander has finished sprouting they may be transplanted into the fields. An unfortunate byproduct of transplanting these plants is the fact that it could potentially stress the plant if the root system is agitated. However, stress causes this herb to grow as coriander rather than cilantro. It is speculated that stress triggers survival hormones, which encourage the plant to grow more seeds rather than grow more leaves that are known as cilantro.

Coriander for culinary purposes is commonly crushed into a powder locally called dhania. Dhania is a spice very commonly used in a vast quantity of south Asian dishes. This wonderful spice is most commonly used in Indian cuisine. Coriander and Dhania is a very commonly used spice for good reason as it can be seen as the ultimate homeopathic cure all. Coriander is a natural antiseptic so it works well in the body to fight off infections. Coriander may also be used to curb swelling and inflammation in joints and bones. Coriander is also full of antioxidants, which allow the body to successfully replicate DNA in a manner that sustains and promotes duplication of genetic material preventing degradation of the genes in each cell. Coriander essential oil also has many health benefits. Oil is extracted from the seeds then distilled by steam. These essential oils are a concentrated form of coriander's botanical benefits. Coriander's extracted oil can

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be sold as a secondary good promoting the local economy as well as increasing the general health of those supporting those making the coriander extract.

Coriander could potentially upgrade Nepal's economy substantially as well as increase the general health of the nation as a whole. Since Nepal borders one of the largest consumers of coriander, namely India, the customer base will be extensive. India borders some of the best land for the cultivation of coriander. This means transportation costs will be minimal allowing more room for profit. This profit can then be taken and put back into the production of coriander. This then eliminates the need for government subsidies. The profit the workers make from this entrepreneurial endeavor may then be reinvested in the industry in the form of coriander essential oil production facilities, and dhania production plants. Since these secondary entrepreneurs are located extremely close to the producers of the raw goods they are able to attain the materials needed for extremely low costs.

Sources

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