Make quick money by farming coriander

Coriander commonly known as coat meal or dania is rapidly becoming the farmer's choice, writes **Christine Katende.**

Coriander growing has turned to be one of the highest paying horticultural farming in recent days.

It is not only in high demand in the country but also in demand around the world.

This demand has created a smile in many a farmers' face. Many people who get into coriander farming say they do so because it is high in demand. The plant may be grown to produce seeds or as a spice for food.

That said, it is the procedure for planting and maintaining that farmers should learn in order to make profits.

Demand

Hajji Moses Mukasa, a spice trader in Nakasero says Ugandans of the Indian origin buy the coriander in droves. "I make more than Shs100,000 from coriander daily. The Indians prefer it to other spices," says Mukasa.

Fiona Nalumansi, a food vendor at Nakawa has a different view. She says most of her customers seek the health benefits of the coriander.

"They have been told eating coriander comes with many health benefits. I use this coriander in all my stews," Nalumansi says.

100,000

MONEY A TRADER AT NAKASERO MAKES DAILY FROM SELLING CORIANDER



SEEDS OF CORIANDER

The brownish seeds are round, globular or ovate in shape. The seeds possess sweet, nutty, warm and orange flavour.

Jane Francis Eberu, who has been buying garlic, has now resorted to coriander. According to her, she has been swayed because her husband detests the smell that comes from garlic.

"Coriander is a perfect spice. The aroma it oozes is unchallenged. I used to buy a lot of garlic but I went slowly when I discovered coriander actually brings better results," she says.

At Nakasero market, coriander leaves are sold in bundles. A bundle of two plants costs Shs500 while at Nakawa it goes for Shs400. Phyllis Naluggwa, a vegetable vendor at Kireka Market says, "Apart from using it as a spice, many people eat it for health purposes. Some people either take coriander or garlic because it has been claimed that they play the same roles for physical health."

The vegetable or herb is identified with different names from different languages such as dania, cilantro, Chinese parsley and coat meal. In Uganda, most people call it coat meal while Kenyans call it dania.

Facts

The Corlander can be used fresh, dried or ground. Since heat destroys flavor of coriander, leaves are often added just before serving. They are used to enrich flavor of soups, salads, omelets and dishes made of rice, lamb or beans.

Profitable

Rosemary Zawedde a farmer of various vegetables including rosemary says currently, a big bundle of coriander goes for Shs6,000. She says it can rise up to Shs10,000, depending on the weather. Zawedde says, "Coriander has no particular season; it is an annual vegetable. Asians buy it the most. Several Ugandans are picking interest of late. What is on the market depends on how much it rains or shines for a particular season," she says.



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