



Kids IN THE Garden

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UNIVERSITY of FLORIDA



~Papalo~ GLOBAL GARDENING

Let's travel across the world as we Global Garden

In this series of: Kids in the Garden - Global Gardening, we will explore the fun facts about herbs, vegetables and fruits in your garden. **Let's GO!**

Papalo — Have you heard of such a plant? What do you think it is?

Perhaps you have heard it referred to as: Quilquiña, Yerba Porosa, Killi, and Papaloquelite. Papalo is an herb plant similar to cilantro and is a staple in many South American restaurants, served fresh at the table. The botanical name for this herb commonly grown in Mexico and native to South America is *Porophyllum ruderale*. The herb pre-dates cilantro, which had been introduced by workers from China in South America, by several thousand years.

What fresh recipes can you find to cook with and enjoy Papalo? As you garden, think about your herb plant and do that extra research to Learn by Doing!

Another Fun Fact: What are some other terms for the herb Papalo?

While the Nahuatl name papalotl means butterfly, the Spaniards referred to the plant as mampuitu which is Spanish for skunk! The herb is pungent and some find its smell very stinky. Oil glands under the leaves create a smell that repels insects from eating the plant but it attracts pollinators like butterflies that love the flower nectar.

Turn the page to learn how to grow and cook using this wonderful heat loving herb. Papalo, the perfect addition to a summer garden!

Growing Papalo by Seed

Papalo — an alternative to cilantro for your summer garden.

Papalo
A Summer Herb
Thrives in the heat!



<https://www.johnnyseeds.com/herbs/papalo/papalo-herb-seed-2978.html>

Papalo is a great attractor for pollinators: bees and butterflies. The name is derived from the Nahuatl word for butterfly and papaloquelite means butterfly leaf according to Epic Gardening.

Papalo is planted by seed and will produce flowers (referred to as bolting) for continuous propagation of your plants. The seeds have a stalk and umbrella, similar to dandelion seeds. To ensure good germination the seeds should be kept intact. Pinching and harvesting the leaves will encourage the plants to continued growth. Allowing some of your plants to flower will produce more seeds for your garden.

If you start your plants indoors from seeds, wait until the plants are about 6 inches before transplanting outdoors. You may plant them closer to together to offer support for each plant, as the plants can become tall and flop over. Regular harvesting of the leaves keeps the plant dense. Harvesting is as simple as cutting what you need for meals or pinching off leaves and stems to maintain fuller plants.

*Epic Gardening: <https://www.epicgardening.com/papalo-herb/>

Papalo prefers a well-draining soil in direct sun, loving the heat. Water occasionally as the herb does not like soil that is too wet. An occasional amendment of compost—the most natural—or an annual slow-release fertilizer will provide nutrients for your papalo plants.



<http://flavorsofthesun.blogspot.com/2012/02/papalo-intriguing-mexican-herb.html>

The younger leaves are sweeter and more mild than older leaves with a stronger taste.

Regular harvesting, occasional watering and lots of sunlight will keep your papalo plants happy and thriving! Serving fresh cuttings at the table is a pretty and tasteful display of your gardening success with the papalo herb.

Burrata with Tomatillos, Malabar-Spinach Buds, and Papalo - Similar to Italian Caprese

Recipe courtesy of Martha Stewart – serving size 8

Ingredients:

- 8 ounces Burrata (mozzarella di bufala or fior di latte)
- Extra-Virgin Olive Oil for drizzling
- 3 ounces Tomatillos (husked and washed)
- 16 Malabar-Spinach Buds
- 24 Papalo Leaves
- 2 tablespoons Fresh Bush-Basil Leaves
or 1 tablespoon Italian Basil (chopped)
- 1 teaspoon Lime Zest
- 2 tablespoons Fresh Lime Juice
- Flaky Sea Salt

Note: Tomatillo: 1/2 cup diced to a 1/4 inch plus one sliced into paper thin rounds.

Papalo, an ancient plant found throughout Mexico, has been used as a condiment for centuries. The hearty, heat-tolerant annual has a unique peppery, citrusy flavor with notes of cilantro, arugula, and lime. It can be found at farmers' markets and in seed catalogs.

Preparation:

Divide burrata evenly among 8 small glasses or bowls; drizzle each generously with oil. Top evenly with diced tomatillos, spinach buds, papalo, and basil. Sprinkle with zest, juice, and salt. Add tomatillo rounds, pressing them against sides of glasses to adhere. Serve.

Enjoy the fresh taste of cheese, vegetables and herbs with a healthy drizzle of olive oil!

Malabar is a type of spinach, you may substitute ingredients by availability: Spinach, Basil Sea Salt for Flaky Sea Salt, etc.

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References

Epic Gardening: <https://www.epicgardening.com/papalo-herb/>
Johnny Seeds: <https://www.johnnyseeds.com/herbs/papalo/papalo-herb-seed-2978.html>
Martha Stewart: <https://www.marthastewart.com/1517665/burrata-tomatillos-malabar-spinach-buds-and-papalo>
Photos: (n.d.) <http://flavorsofthesun.blogspot.com/2012/02/papalo-intriguing-mexican-herb.html>