Common Name: Cilantro, Bolivian (Papalo)
Botanical Name: *Porophyllum ruderale*

Type: Herbaceous annual
Height: 5 ft.
Width: 3 ft.
Habit: Upright

Flower: The slender, erect flower heads have brown disks and no rays
Bloom Season: Late summer

Foliage: Light green, hairless, opposite, petiolate, oval, with a rounded tip, conspicuous oil glands and broadly, scalloped margins and crimped indentations

Flavor: Somewhere between arugula, cilantro and rue
Fragrance: Citrusy cilantro-like scent

Sun: Full sun
Soil: Average
Water: Low to medium

Culinary Uses: Used fresh with soups and stews, grilled meats, beans and salads, much like cilantro. It is not cooked, only used fresh or added at the last moment. If you are a cilantro aficionado, this is a must!

Garden Uses: Herb garden

Medicinal Uses: One study claims that Papalo exhibits some health benefits such as: lowering cholesterol, lowering blood pressure, and aiding digestion.

Harvesting: Leaves should be harvested just before the plants reaches it’s full height for the best flavor

AKA: quillquiña, yerba porosa, killi, papalo, tepegua and papaloquelite.