

*Crotalaria longirostrata*

# Chipilin

“Guatamalan Giant”

Chipilin is a leafy vegetable local to just a few areas of a few countries like Guatamala and El Salvador (those might be the only two countries!). It’s unusual because most *Crotalarias* are toxic.

Chipilin is a bushy perennial that lives for at least a few years. The seeds are reputedly tricky to germinate. It’s recommended to sow them in warm weather, and keep them moist. They might take months to wake up.

The edible part is the leaf. That’s it. But it provides a nutritious green from a plant that fixes nitrogen.

There might be some commercial production starting up, but mostly it’s harvested wild, or in backyard gardens on a small scale. It shows up in some local farmer’s markets.

It end up being used mostly in soup, but sometimes as a savory vegetable filling.