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Growing

JILÓ

In your Garden or Patio

Jiló (*Solanum gilo*) is a type of eggplant that is popular in Brazil. This plant is originally from Africa and was brought to Brazil with the slave trade. It is still grown in Africa where it is known as “garden eggs”.



Jiló cultivar comprido verde claro

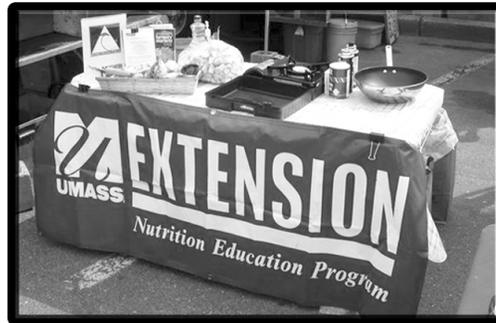
Jiló is used mainly as a side dish in Brazilian cuisine. It is very bitter, which many Brazilians desire while others find undesirable.

The owner of a Brazilian restaurant in Boston stated that in a Brazilian family of five, three members will love *jiló* and two will hate it – there is rarely any sentiment in between.

Growing *jiló*

Jiló will grow best in full sun and warm weather and will not survive a frost. The plants grow a little bigger than traditional eggplants and should be spaced accordingly, about two feet between plants. Plants should start producing fruit in early August.

Transplants must be set out after the danger of frost has passed, usually in early June. *Jiló* grows best at optimum soil pH, which is between 6.0 and 6.8 for eggplants, and adequate soil fertility. It is best to add lime and fertilizer according to a soil test.



You can find information on having your soil tested by the UMass Soil Testing Lab UMass Soil Testing Lab at their website: <http://www.umass.edu/plsoils/soiltest/>. Or call them at (413) 545-2311.

There are two basic types of *jiló*. One, often called “comridio verde claro” is light green and a tear-drop shape. The second type, called “redondo”, is round and a darker green. Both types are about ¼ of the size of a medium size eggplant.

As the fruit matures they become more bitter and will turn red or orange when fully mature. Brazilians will not use fruit that has turned red or orange.

Jiló and Farm Fresh Vegetables

2 Tbs vegetable oil
3 gloves garlic, minced
½ medium onion sliced thin
1 medium yellow squash, sliced and quartered
1 medium zucchini, sliced and quartered
4 plum tomatoes, sliced and quartered
½ cup of water
8 *jiló* (Brazilian eggplant), sliced and quartered
salt and pepper to taste



Heat vegetable oil in wok or large skillet over medium/ high heat. Add garlic and onion and sauté for 2-3 minutes. Add *jiló* and sauté for another 2-3 minutes. Add water, yellow squash, zucchini, tomatoes. Lower the heat and simmer for about 10 minutes (*jiló* should be tender and soft when poked by a fork). Add salt and pepper to your taste. Serve with rice, over pasta, or by itself.