

Mexican mint marigold
(English), yauhtli (Central
America), 龙蒿 (lóng hāo,
Mandarin), hierbanis (Mexico)



Mexican Tarragon

a taste of Latin America on the Floridian table

Tarragon refers to a variety of culinary herbs with a distinctive anise-like scent and flavor, and the type most commonly grown in Florida is *Tagetes lucida*, also known as ‘Mexican Tarragon.’ Its earliest use dates to the ancient Mayan and Aztec civilizations, and it was valued for culinary, medicinal and religious purposes. It is most popular today as a flowering perennial in the Florida landscape, yet its anise-like leaves and flowers are gaining more attention by chefs and herbalists throughout the state.

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Man performs pre-Hispanic incense
ritual for Tlālloc with Mexican Tarragon



TARRAGON MUSHROOM OMELET

25
MINUTES
TOTAL

2
TOTAL
SERVINGS



INGREDIENTS

- | | |
|----------------------------|---------------------------|
| 1 teaspoon butter | 1 teaspoon tarragon |
| 1 small onion, chopped | 1/4 teaspoon black pepper |
| 12 to 15 mushrooms, sliced | 1/2 cup bread crumbs |
| 1/2 cup chopped parsley | 1 egg, beaten |

DIRECTIONS

1. In skillet, melt butter and saute onion. Add mushrooms and cook until tender.
2. Add parsley, tarragon, and pepper and cook until parsley is limp.
3. Stir in bread crumbs.
4. Add 1 beaten egg and stir until set.
5. Remove from heat and set aside.
6. Beat 4 eggs with milk. Melt butter in a 10-inch skillet.
7. Before butter is browned, pour in eggs.
8. Cook omelet quickly, lifting edges with spatula to allow uncooked egg to run underneath. Just before omelet is set, spread filling over half. Fold other half over filling, divide into 2 portions, and remove from skillet.

Recipe adapted from Morrison, Sally. 2011. *Cross Creek Kitchens: Seasonal Recipes and Reflections*. University of Florida Press. pg 78

FACTS

The ancient Aztecs used Mexican Tarragon in a ritual incense known as “Yauhtli” and dedicated it to a rain god named Tlāloc. Archaeological evidence suggests that the Maya used it as an additive in tobacco mixtures. Today the Huichol of Mexico continue to use the plant ritually.

Tarragon contains folate and vitamins A, B6, and C; it contains significant amounts of calcium, potassium, phosphorus, and magnesium.

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