

Tomatillos

By: Bryan Bose & Gordon Barrow
For ENVS 210

Known as the Mexican husk tomato, Tomatillos have been cultivated in Central America since the pre-Columbian era. The most varieties are found in Mexico.



Tomatillos are the key ingredient in many sauces in Mexican and Guatemalan cuisine. The most well-known is Salsa Verde, which is tomatillos combined with peppers and seasoning.

NUTRITION FACTS

TOMATILLO %Daily Value

Amount Per 1 medium (34g)

Calories 11

Total Fat 0.3 0%

Saturated 0g 0%

Polyunsaturated 0.1g

Monounsaturated 0.1g

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 91mg 2%

Total Carbohydrates 2g 0%

Dietary Fiber 0.6g 2%

Sugar 1.3g

Protein 0.3g 0%

Vitamin A 0% Vitamin C 6%

Calcium 0% Iron 1%

Vitamin D 0% Vitamin B-6 0%

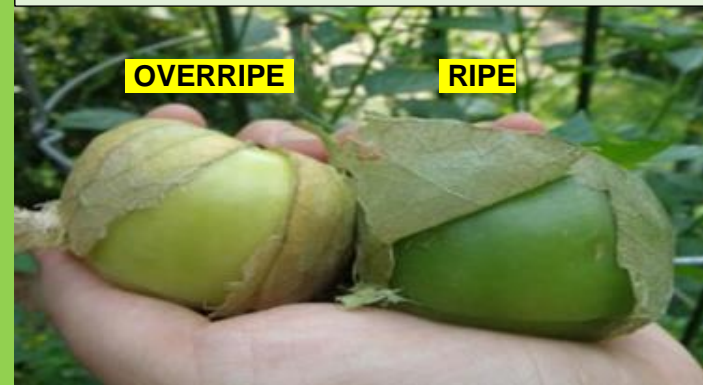
Vitamin B-12 0% Magnesium 1%

How to grow Tomatillos

- Plant after last frost of the season in a sunny location.
- First, enrich the soil with compost.
- Next, set the plants deep (2/3 plant) & space 3ft apart.
- Use a trellis or cage to support vertical growth.
- Keep soil evenly moist & use a mulch cover to conserve moisture.

How to Harvest Tomatillos

- Cut from plant when fruit is green and has filled the husk.
- Store in husk for 2-3 weeks in a paper bag in the vegetable bin of your refrigerator.
- Can be frozen by peeling the husk, rinsing and drying fruit. Then placed in a freezer bag whole.



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Salsa Verde Recipe

Ingredients needed

- 1½ lbs. of husked and rinsed **tomatillos**.
- 1 or 2 **jalapeños** depending on heat preference.
- ½ cup chopped **white onion**.
- ¼ cup packed **fresh cilantro leaves**, add more if preferred.
- 2 tablespoons to ¼ cup **lime juice** depending on your taste.
- ½ to 1 teaspoon **salt**, to taste.
- Optional variation: 1 to 2 diced avocados, for creamy **avocado Salsa Verde**.

1. Preheat the broiler with a rack about 4 inches below the heat source. Place the tomatillos and jalapeño(s) on a rimmed baking sheet and broil until they're blackened in spots, about 5 minutes.
2. Remove the baking sheet from the oven, carefully flip over the tomatillos and pepper(s) with tongs and broil for 4 to 6 more minutes, until the tomatillos are splotchy-black and blistered.
3. Meanwhile, in a food processor or blender, combine the chopped onion, cilantro, 2 tablespoons lime juice and ½ teaspoon salt. Once the tomatillos are out of the oven, carefully transfer the hot tomatillos, pepper(s) and all of their juices into the food processor or blender.
4. Pulse until the mixture is mostly smooth and no big chunks of tomatillo remain, scraping down the sides as necessary. Season to taste with additional lime juice and salt, if desired. If you'd like to make creamy avocado Salsa Verde, let the salsa cool down before blending in 1 to 2 diced avocados (the more avocado, the creamier it gets).

