



Tomatillo

Growing & Harvest Info

Start tomatillos indoors about four to six weeks before the last frost. For planting: plant seeds 1/4" deep in flats, keeping temperature around 75 F. Thin plants after true leaves have appeared. Reduce watering a week or so before transplanting. Give plants a couple hours of sunlight during the week before transplanting - but wait to transplant to garden after the last frost! Transplants should be 3 feet apart with rows 3-6 feet apart

When harvesting, pick tomatillos when the fruit fills the husk, but is still green and firm. If tomatillos are left on the vine too long and become fully ripe, they will drop from the plant. They self-seed so make sure to clean up fallen fruit to avoid volunteer plants the next year.

Nutritional Benefits

Tomatillo

| Source | Rating |
|----------|----------|
| Vitamins | GOOD |
| Minerals | GOOD |
| Fiber | MODERATE |

Introduction

Tomatillos belong to the solanaceae family and thrive in hot, humid weather. They are a great source of vitamin C and K, which both help our bodies heal quickly. Tomatillos are native to Central and South America where they were cultivated for centuries, even before the tomato. Today, they are a staple of Mexican cuisine, in dishes like chili verde and mole.

Preservation

Refrigerating:

- Keep tomatillos in their husks to extend shelf-life
- The fruit will spoil quickly if placed in an airtight plastic bag for storage, but fruit kept in a paper bag in the refrigerator will last for two weeks.

Freezing:

- Remove husks, wash fruit and dry
- Spread in a single layer on a baking sheet and freeze until solid
- Once frozen solid, you can transfer to plastic bags and seal tightly

Canning:

- Make sure to use new, updated recipes. The National Center for Home Food Preservation is a good resource for recipes:
https://nchfp.uga.edu/how/can_03/tomatillos.html
- For more instruction on canning:
<https://extension.umn.edu/preserving-and-preparing/canning-tomato-products-safety-guidelines>

| Vegetable state | Use by |
|-----------------|-----------|
| Refrigerated | 2 weeks |
| Frozen | 14 months |
| Home-canned | 1-2 years |



Tomatillo

Tomatillos are a good source of copper, iron, phosphorous, manganese, and other minerals

Prepare tomatillo like this:

- Baked
- Fresh
- Fried
- Grilled
- Pureed
- Roasted
- Stuffed

Try tomatillo in:

- Omelets
- Pastas
- Pizza
- Salads
- Salsa
- Sandwiches
- Soups
- Stir-fries

Recipe 1: Roasted Tomatillo Salsa

Ingredients

- 7 medium tomatillos
- 1 jalapeno pepper, seeded and chopped
- 1 clove garlic, peeled and chopped
- 1 medium tomato, peeled, seeded, and chopped
- 3 tbs. chopped cilantro
- 1/4 cup onion, finely chopped
- 1 tsp lime or lemon juice
- a pinch of salt

Directions

- Preheat broiler. Remove tomatillo husks, rinse under water to remove stickiness. Place tomatillos in a single layer on baking pan (with sides). Broil until slightly charred, turning once, about 7-8 minutes.
- Cool on baking sheet before placing tomatillos with lime/lemon juice in blender. Add remaining ingredients and blend until chunky puree.
- Chill before serving

Recipe 2: Tomatillo Vinaigrette

Ingredients

- One chopped tomatillo
- 2 tbs. of vinegar (white wine or balsamic)
- 1 tbs olive oil
- 1/2 tsp dijon mustard
- your choice of herbs: basil, thyme, etc

Directions

- Combine all ingredients, blend and enjoy