

FRY FAMILY FARM CSA NEWSLETTER

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Tomatillos

(Those little green things with a papery wrap)

Definitely one of the more misunderstood and underutilized vegetables in our culture, the tomatillo is actually quite popular just south of our border. It is sometimes referred to as: the husk tomato, Mexican tomato, or husk cherry, but regardless of what we call it, the tomatillo is a unique and important treat..

The tomatillo (*Physalis philadelphica*) is a plant of the Solanaceae (nightshade) family, bearing small, spherical and green or green-purple fruit of the same name.

Tomatillos are the key ingredient in fresh and cooked Latin American green sauces. The freshness and greenness of the husk are quality criteria. Fruit should be firm and bright green, as the green color and tart flavor are the main culinary contributions of the fruit.

Other parts of the tomatillo plant contain toxins, and should not be eaten. Tomatillo plants are highly self-incompatible (two or more plants are needed for proper pollination, thus isolated tomatillo plants rarely set fruits).

Fresh ripe tomatillos will keep in the refrigerator for about two weeks. They will keep even longer if the husks are removed and the fruits are placed in sealed plastic bags stored in the refrigerator. They may also be frozen whole or sliced.

Tomatillos are low in Saturated Fat, and very low in Cholesterol and Sodium. They are also a good source of Iron, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Niacin, Potassium and Manganese.

Vases Please !

This is a reminder to put out a vase or bucket with water for your bouquets!!! Last week there were very few vases out, and we feel the longevity of the bouquets was definitely compromised. Any container will work: a bucket, a canning jar, a pitcher, a large cup or glass— just something with water, those flowers get thirsty! Also remember to recut the stems when you put them in your house. Thanks.

IN YOUR BOX:

Partial Share:

Salad Mix
Green Lettuce
Tomatoes
Mixed Cherry Toms
Green Chard
Potatoes
Colored Bell Peppers
Tomatillos
Anaheim Peppers
Cucumber
Zucchini
Beets

Full Share:

Salad Mix
Lettuce
Tomatoes
Heirloom Tomatoes
Green Chard
Potatoes
Colored Bell Peppers
Beets
Tomatillos
Anaheim Peppers
Cucumbers
Zucchini
Red Onions

FLOWERS:

A Mixed Bouquet of
Gladiolas, Sunflowers,
and Cattail.

Roasted Tomatillo Salsa

Ingredients:

1 1/2 lb fresh tomatillos
2-3 Fresh Hot Peppers of your choice
3 garlic cloves, unpeeled
1/2 cup fresh cilantro
1 large onion, coarsely chopped
2 teaspoons coarse salt

Preparation:

Preheat broiler.

If using fresh tomatillos, remove husks and rinse under warm water to remove stickiness. Broil chiles, garlic, and fresh tomatillos on rack of a broiler pan 1 to 2 inches from heat, turning once, until tomatillos are softened and slightly charred, about 7 minutes.

Peel garlic and pull off tops of chiles. Purée all ingredients in a blender.

Guacamole with Roasted Tomatillos

Ingredients:

12 medium tomatillos (about 1 1/4 pounds), husked, rinsed
1/2 cup finely chopped white onion
1/2 cup finely chopped fresh cilantro
3 Anaheim chiles, seeded, minced
2 tablespoons fresh lime juice
2 pounds avocados (about 3 large), peeled, pitted, coarsely chopped

Preparation

Preheat broiler. Line rimmed baking sheet with foil. Place tomatillos on prepared baking sheet. Broil until tomatillos are just blackened in spots and tender, about 8 minutes per side.

Combine onion, cilantro, chiles, and lime juice in large bowl. Add roasted tomatillos and any juices from baking sheet to onion mixture. Using fork, mash coarsely. Add avocados and mash with fork until mixture is very coarsely pureed and some chunks remain. Season guacamole to taste with salt. (Can be made 4 hours ahead. Cover and

Tomatillo Jam

I N G R E D I E N T S

3 cups prepared tomatillos (about 1-3/4 lb tomatillos)
1/2 cup fresh lemon juice
7-1/2 cups sugar, measured into separate bowl (See tip below.)
1/2 tsp. butter or margarine (optional)
2 pouches CERTO Fruit Pectin

I N S T R U C T I O N S

BRING boiling-water canner, half-full with water, to simmer. Wash jars and screw bands in hot, soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain well before filling.

FINELY chop or grind tomatillos. Measure exactly 3 cups prepared tomatillos into 6- or 8-quart saucepot. Add lemon juice.

STIR sugar into prepared tomatillos in saucepot. Add butter to reduce foaming, if desired. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.

STIR in pectin quickly. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

LADLE quickly into prepared jars, filling to within 1/8 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. Water must cover jars by 1 to 2 inches; add boiling water if needed. Cover; bring water to gentle boil. Process 10 minutes. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)