



## Harvest of the Summer

# Tomatillos

### Nutrition Information

- They're a good source of vitamin C.
- They also give you small amounts of vitamin K, niacin, potassium, and fiber.
- Tomatillos count as an "Other Vegetable" in school meals and CACFP. You can use them to meet part of the daily vegetable requirement.

### Selection and Storage

- Tomatillos stay green (or sometimes yellow or purple) when ripe — they don't turn red.
- Pick firm tomatillos with dry, intact husks; skip any that are soft or spotted.
- They're ripe when the husk splits open.
- Store with husks on in the fridge; they keep for 2–3 weeks.
- Remove husks and rinse before using to wash off the sticky coating.

### Fun Facts

- Tomatillos grow inside a papery husk that keeps them safe while they grow. Just peel it off before using them.
- People have been growing and eating tomatillos for over 2,000 years in Mexico and Central America.
- They're in the nightshade family, just like tomatoes, eggplants, and peppers.



## Recipes\*

- [Tortilla Soup](#) – ICN Recipe Box
- [Chile Verde with Pork](#) – Center for Ecoliteracy
- [Cheese Enchiladas with Tomatillo Sauce](#) – Center for Ecoliteracy



\*As a reminder, the School Food Authority (sponsor) is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

While there aren't many standardized tomatillo recipes available, tomatillos are commonly used in salsas, sauces, soups, and stews, especially in Latin American dishes. You can create or modify your own tomatillo-based recipe, just be sure to verify its crediting and nutrition info using [USDA's Recipe Analysis Workbook \(RAW\)](#).

## Educational Resources

- [Discover Foods: Tomatillos](#) - SNAP-Ed. EatFresh
- [Tomatillo Lesson Plan for Schools and Adults](#) - SNAP-Ed. South Dakota State University Extension
- [Preserving a Harvest of Tomatillos](#) - National Center for Home Food Preservation.

## Sourcing

- Use the [Washington Food and Farm Finder](#) to find tomatillos and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- Can't find tomatillos in your area to feature? Consider using other locally grown vegetables like green tomatoes, peppers, or zucchini as substitutes.
- Contact OSPI at [farmtocnp@k12.wa.us](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto:farmtoschool@agr.wa.gov) for support finding Harvest of the Month foods.

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**