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Tomatillos

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USU Student Organic Farm

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Newsletter



A loaded wheelbarrow of potatoes!

Fruit Salsa

Salsa is one of my absolute favorite parts of summer. Nothing beats the tasty combo of fresh chopped juicy tomatoes, onions, hot peppers, and whatever else your taste buds may fancy. One of my favorite twists on salsa is adding fruit to it. Fruit salsas are kind of "in" right now so you may have tasted some varieties, the most common varieties are pineapple and mango, but lately I've been wondering if there's a way to put a bit more local twist on typical fruit salsa. I turned to my best friend Google, and here's what I found, there are a whole myriad of local fruits that can be added to salsas. They include peaches, cantaloupe, watermelon, cherries, strawberries, and blackberries. The great thing about fresh salsas is that you really can't go wrong and don't need a recipe. Try experimenting a little with peppers, onions, lime, and fruit, see what you come up with.

Article by: Amanda Spackman

Veggie Feature: Tomatillos

Article by Jillian Fox

Tomatillos are a very foreign vegetable to me. So I decided to do some quick research about them, and I thought I would share my findings with you, just in case you aren't tomatillo experts either. Tomatillos look similar to small, unripe tomatoes except they have a husk around them. They actually start growing inside the husk, and they are ready for harvest once they have broken through the husk, causing it to split. Tomatillos are related to the tomato, as well as the gooseberry. They originated in Mexico, where they are still used there today in the famous Salsa Verde and other sauces. Staying true to its origin, I tried my hand at a tomatillo salsa. Once the husks are removed, these little guys are fairly sticky, so it's definitely a good idea to rinse them. I have always liked green salsa, but this one is definitely my favorite simply due to the charred flavor. I think it would also be tasty with a little chipotle paste thrown in.

Charred Tomatillo Salsa

Adapted from Rick Bayless

1 t olive oil
4 medium tomatillos, husked, rinsed, quartered
1 clove garlic, peeled quartered
1 Serrano or 2 jalapeno peppers (depending on how hot you want it)
½ - 2/3 loosely packed cilantro
Salt to taste

Heat oil over medium high heat. Add tomatillos and let cook without stirring. Once they are dark brown and charred, flip them to the next side and allow them to char again. Add garlic and peppers and let cook a few minutes. Add tomatillos, garlic, and peppers to a blender or food processor, as well as the cilantro, salt, and a splash of water. Pulse to a coarse puree, adding more water as necessary. Salt to taste.

On the Farm News

Announcements

New fall volunteer hours!
 Tuesday 6:30-8:30 pm
 Thursday 6:00-8:00 pm
 Saturday 9:00 am-12:00 pm

Pumpkin Days is on the horizon, mark your calendars for October 13th, 2012

School started and schedules changed, if you need to move your pick-up location or change the day let us know. ☺

Article by: Alanna Nafziger

Hello CSA Members! Alanna here, I'm taking over this article and will strive to talk about things other than my ever-growing fury towards grasshoppers, but it's going to be hard. They are even eating the green onions and cayenne peppers, seriously, WHAT DOES THAT? The past week has seen some big changes on the farm. The harvest is growing, as are the weeds and legions of grasshoppers. In the midst of all this the interns that have worked so diligently to make sure the farm is in running order and your veggies are safe in their cares come pick-up times, have moved on to become full time students. Luckily, all is not lost and with the help of volunteers and the brave few who have enrolled in the farming class this fall (Amanda and Erin are still being ever so helpful) we shall continue on with pick-up and even attempt to have the campus stand not once but twice a week! Other than that, we will be preparing the farm for the fall time, planting garlic for next year and trying to restore the wildflower strip at the front of the farm to its former glory. What exciting times we have in store!

Meet your Farmers

Name: Erin Brennan

Major: Sustainable Agriculture

Hometown: Whitefish, Montana

Role on the Farm: On the Farm Intern

Why did you choose to spend your summer on the farm?

I'm interested in creating a fully integrated sustainable farm. I had already learned much about keeping animals on a farm, but needed to know more about the vegetative part. So this was a perfect experience for me!

What is your favorite vegetable and why?

Eggplant! It is so unique in it's purple-y wonder.

What form of transportation best describes your personality?

Hot air balloon! Going wherever the wind takes me.

If you could be a superhero, what would be your super power and how would you use it to better the farm?

I'd want to be an air bender. I could water all the plants and kill pests by freezing them!

For more information about the USU Student Organic Farm or CSA shares visit:
www.usu.edu/organicfarms

Experiences on the Farm

My experiences on the farm have been interesting, beneficial, work and fun all in one package. I also have had a few "aha" moments. Like broccoli; interesting little plant. Did you know the little green things on the crowns (the part we eat) are actually individual flower buds..amazing. Also, broccoli, cauliflower, cabbage, turnips, radishes are all related and are byproducts of the mustard plant. Depending on which part you wanted to develop roots, (radishes, turnips) or flowers (broccoli and cauliflower) for example; those traits would be selected for. It is quite astounding how ancient agriculture has led us to the agriculture of today. The need and use for agriculture has been a common theme throughout the ages.

Michelle also had a recipe to share:

Garlic and Dill Potatoes:

- Medium potatoes, red, gold or brown
- 3-5 cloves of garlic, minced
- 3-5 Tbsp fresh dill, to taste
- Stick of butter cubed

Preheat oven to 350 degrees, cut potatoes into bite size pieces, add all ingredients to baking dish cover with foil or lid and bake until potatoes are fork tender, 30-50 minutes.

Article and Recipe by Michelle Mltton, a farm volunteer