

Tomatillos

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Tomatillos benefits skin and blood circulation

GEEK TALK

Physalis philadelphica

BUT WE TALK

Husk tomato, jamberry, husk cherry, Mexican tomato, tomate verde, miltomate, husk tomato, tomate de cascara, tomate de fresadilla

DID YOU KNOW?

Originating in Mexico a still vastly popular there, tomatillos are known for its fruit surrounded by an inedible husk. The fruit itself represents a green cherry tomato although its flavor is typically very tart with a spicy kick.

To reduce the tart flavor tomatillos are usually cooked although they can be eaten raw. Tomatillos are also the main ingredient in both guacamole and salsa verde.

KITCHEN PHARMACY

Tomatillos are seen as being very beneficial for skin tissue, blood circulation, and even the immune system.

