

Ground Cherries

HOW TO CHOOSE AND STORE

Ground cherries are ripe when their husks are dry, papery, beige in color and when the fruit is yellow. They are best harvested when they fall to the ground. Do not eat the leaves or if cherries are green. They will keep for long periods of time if kept in their 'paper case' and on the counter.

HOW TO USE AND EAT

Ground cherries have a mild but sweet taste, commonly referred to a cross between a tomato and a pineapple. They can be eaten in a variety of ways: fresh on its own, in fruit salads, salsa, pies/cakes, jams/compote, as a yogurt or ice cream topping. They can also be dehydrated.



GROUND CHERRY SALSA

- 1 1/2 cup chopped ground cherries
- 1 1/2 cup chopped tomatoes or use all ground cherries
- 2 chopped jalapeno peppers including seeds
- 1 cup chopped onion
- 1/2 cup chopped sweet peppers
- 1/3 cup fresh chopped cilantro
- 2 cloves fresh minced garlic
- 2 tbsp fresh squeezed lime juice
- 1 tsp sea salt
- 1/2 tsp ground cumin
- 1/2 tsp ground black pepper

Combine all ingredients in a bowl and serve.

GROUND CHERRY VANILLA COMPOTE

- 1 cup ground cherries
- 1 cup sugar
- 1/4 cup lemon juice
- 1 tsp vanilla extract

In heavy saucepan, combine cherries, sugar and lemon juice and bring to a boil. Simmer for around 25 minutes until the juices are slightly syrupy, stirring frequently. Add vanilla extract. Pour into sterilized jars.

OTHER RECIPES

- Ground cherry pie
- Ground cherry coffee cake
- Ground cherry goat cheese salad