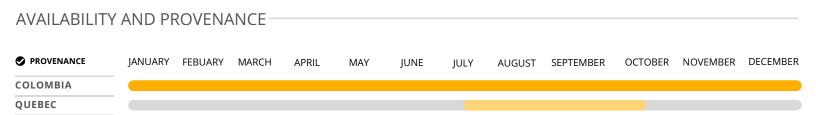
# GROUND CHERRY



The ground cherry, or physalis, is a small round fruit native to South America, enclosed in a thin beige lantern-shaped husk. When ripe, it has orange-yellow skin and juicy, sweet, and tangy flesh. Its unique taste, reminiscent of cherry tomatoes, pineapple, and mango with a hint of lemon, and its firm texture make it a fruit that is enjoyed on its own, in jam, or as a garnish.



# TARGET CUSTOMER: HISPANIC

### **OPTIMAL TEMPERATURE FOR CONSERVATION**

10 - 12 °C for 2 - 3 weeks

#### **PURCHASE GUIDE**

Look for fruit with a bright, vibrant color and firm texture. Make sure the hulls are intact, with no signs of mold or damage, and avoid fruit with a dull or wrinkled appearance, as they may be less fresh.

## CONSUMPTION

Enjoy them raw by popping them whole in your mouth, or use them in salads, desserts, jams or sauces for a delicious explosion of sweet and tangy flavor.

#### **NUTRITIONAL VALUE**

Light and nutritious, ground cherries provide fiber, vitamins C, A, and B3, as well as iron, phosphorus, and a small amount of potassium. Rich in antioxidants, they boost immunity and cellular health.

