

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.

AVAILABILITY AND PROVENANCE

✓ PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

COLOMBIA

QUEBEC

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 husks 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.

