



BENEFITS

Because they make an irresistible compote or jam!

The ground cherry is a member of the same family as the tomato. Though not widely known or consumed, ground cherries have a subtle, delicate taste: sweet with a hint of tartness. Try them: you'll be glad you did!

The ground cherry's real name is alkekengi!

It also goes by the name Cape gooseberry and Chinese lantern. Here, it's called the ground cherry. Its Latin name *physalis* refers to the shape of the flower and comes from the Greek *phusan*, meaning "to puff out."



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



IN-SEASON FRUIT CUP

Portions: 4  15 min

Ingredients

- 500 ml (2 cups) ground cherries, halved
- 250 ml (1 cup) honeydew melon, diced
- 250 ml (1 cup) grapes, halved
- 250 ml (1 cup) apples, diced
- 15 ml (1 tbsp) maple syrup
- 45 ml (3 tbsp) orange juice
- Fresh mint to taste

Directions

Mix together all the ingredients in a bowl and serve.

or
Layer the fruits in transparent cups or parfait glasses. Mix together the juice and maple syrup and pour over each fruit cup. Garnish with fresh mint.

Variation

Don't hesitate to switch up the fruits depending on the season!

Source: Julie Strecko, RD

Tip!

When choosing ground cherries, look for firm, shiny, uniformly coloured berries. If they're sold in their husk, it should be dry and brittle.



TROUT FILETS WITH TOMATO AND GROUND CHERRY SALSA

Portions: 2 to 4  15 min
Wait time : 30 to 60 min

 5 to 10 min

Ingredients

Ground cherry salsa

- 250 ml (1 cup) ground cherries, halved
- 250 ml (1 cup) cherry tomatoes, halved
- 30 ml (2 tbsp) red onion, finely chopped
- 30 ml (2 tbsp) fresh coriander, chopped
- 15 ml (1 tbsp) olive oil
- 45 ml (3 tbsp) lime juice
- Salt and pepper to taste

Fish

- 2 trout filets from sustainable fisheries (200 g each)
- Olive oil to taste
- Salt and pepper to taste

Directions

1. For the salsa: Mix together all the salsa ingredients in a bowl. Cover and set aside at room temperature for 30 to 60 min to allow flavours to combine.
2. Preheat the oven to 220°C (425°F).
3. Oil a baking sheet and place the trout filets on the sheet with the skin side down. Brush them with olive oil. Season with salt and pepper.
4. Cook in the oven 5 to 10 min or until the flesh is opaque and flakes easily with a fork. Serve topped with the salsa.

Source: Inspired from fr.chatelaine.com/recettes

