



What is a ground cherry ?

Contrary to what people may think, the ground cherry, which belongs to the genus *Physalis*, bears no relation to the cherry, but is a kind of tomato. When ripe, its fruit is orange inside, its skin light brown or green.



When can ground cherries be eaten ?

Fresh: August to October

To savour them year-round

Ground cherries can be frozen and dried for purposes of preservation.

Discovering the

GROUND CHERRY



What foods feature ground cherries ?

Fresh

In a salad or with chocolate fondue

Cooked

In a sauce, a compote, jam or chutney



Attention !

Only the fruit is edible.
The husk and the leaves are not.



How is the ground cherry harvested ?

Ground cherries grow on a plant that resembles a tomato plant. When the fruit ripens, it falls to the ground (hence the name). And that's when they're ready to be eaten. Some ripe fruit can stay hanging on the plant, so jiggle them lightly to reap a more bountiful harvest! Once they fall, ground cherries must be harvested the same day to prevent the skin from turning grey due to moisture. Wood chips can be placed around the plant to reduce moisture.



CONTINUE EXPLORING THE GROUND CHERRY

Actively challenge your campers, test their knowledge and discover all of this fruit's secrets.

Do you know me ?

Duration : 5-10 minutes



1. True or false ? The ground cherry belongs to the cherry family.

Answer : False, it belongs to the tomato family.

2. What colour is the husk of a ripe ground cherry ?

Answer : Light brown or green

3. Why is it called a ground cherry ?

- a) Because it grows on a shrub close to the ground.
- b) Because it tastes earthy.
- c) Because it falls to the ground when it's ripe.

Answer : c)

4. True or false ? The ground cherry can be dried and can serve as a substitute for raisins in a recipe.

Answer : True

5. What part of the ground cherry is edible?

- a) Its brown husk
- b) Its orange fruit
- c) Both

Answer : c)



Nourish your expressiveness !

Power Up has coined a colourful new expression :

"Shy as a ground cherry"

Your challenge ? To successfully integrate the expression into your activity program for the day. When you use this expression, the campers have 10 seconds to hide their faces with their arms. And don't hesitate to ask them to create their own expression for the day.

Charades

Duration : 3 minutes



Description :

- I take my name from the red fruit on a sundae : cherry
- The first word in my name starts with the sound a dog makes to ward off an intruder : Grrrr
- The first word in my name also sounds like the name of a dog used to track foxes : Hound
- Overall, I am an orangy fruit: ground cherry

Ground cherry

Duration : 15-20 minutes

Objective : Prevent the ground cherry from falling to the ground.

Materials : Five inflatable balls, preferably yellow or orange (to represent ground cherries)

Variations : Ask the campers to only touch the ball with their feet, and not their hands; use several balls per team; use real balls to raise the level of difficulty.

Step 1 : Divide the campers into teams of three or four.

Step 2 : Inflate the balls.

Step 3 : At your signal, the campers must prevent their ground cherry from falling to the ground. They must knock it, without holding it.

The team that keeps the ball in the air for the longest time without causing it to fall is the winner.

Repeat this activity as often as you like, raising the level of difficulty each time.

*Don't forget to inflate several balls in case some of them blow up during the game.



CONTINUE EXPLORING THE GROUND CHERRY

It's time for a taste test!



Taste it !

Duration : 30 minutes

Objective : Use the five senses to explore the ground cherry in all its forms with your campers.

Materials : One ground cherry, one cherry and one cherry tomato per camper, one pair of tongs, and one knife.



Examine it with your eyes

- Is there a difference in colour between the three types of fruit?
- If you cut them in half, what are the differences between the inside and the outside?
- Does their colour remind you of another fruit or vegetable?
- Do you find the ground cherry appetizing?



Explore it with your hands

- What do you think of its shape? Is it uniform?
- How would you describe the texture of the ground cherry (smooth, soft, coarse, etc.)?



Recognize it through its smell

- Do you like the smell of the ground cherry? Why?
- What exactly does it smell like (woody, fruity, fresh, mild, etc.)?
- What does its smell make you think of (a place, a time, a celebration, a person)?



Its sound

- Have you listened to the sound the ground cherry makes when you bite into it? Can you describe it?
- Is the sound faint or distinct? Is it like the sound you hear when you bite into a water melon or a carrot?



Explore it with your mouth

Its taste

- Do you like the taste of the ground cherry? Why?
- In one word, describe the taste of the ground cherry.
- Does the smell of the ground cherry reflect its taste?
- Does the taste of the ground cherry remind you of any other foods? Does it look more like the cherry or the cherry tomato?

Tastes

- Sweet: like candy
- Bitter: like grapefruit
- Acidic: like lemon
- Salty: like salt

Its texture inside the mouth

- Can you think of a word to describe its texture inside the mouth?
- What do you like or dislike about it?
- Can you compare it to other food items you've eaten?

Textures

- Crunchy : like a celery
- Crusty : like a dried banana
- Juicy : like an orange
- Sticky : like caramel



Suggested recipes

Ready, set, cook! Visit www.tremplinsante.ca to view recipes that feature the ground cherry :

- Fruit salad

Interesting, huh?

The ground cherry has several other names.

- Winter cherry
- Chinese lantern

For additional ideas for words to use to taste foods with the senses, please see the **Tasting Expert** activity on the PU portal.

<https://portail.tremplinsante.ca/>

