



# Local ground cherry

Availability:  
july to october

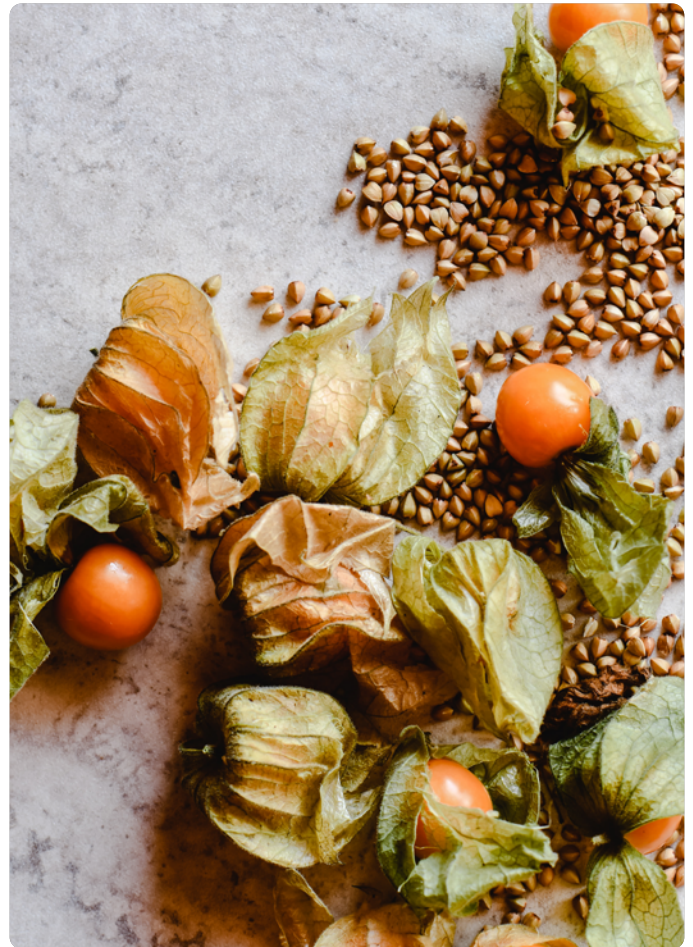
## Benefits

→ 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

- 1 Mix together all the ingredients in a bowl and serve.  
or
- 2 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.

#### Note

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 are sold in their husk, it should be dry and brittle.



## Trout filets with tomato and ground cherry salsa



PORTIONS: 2 TO 4

15 MIN 5 TO 10 MIN

WAIT TIME: 30 TO 40 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 by [fr.chatelaine.com/cuisine/recettes-cuisine](http://fr.chatelaine.com/cuisine/recettes-cuisine)