

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



Ground Cherries

Ground Cherries are from Starbright Acres and Posh Squash in Grass Valley!

Starbright Acres Family Farm: The certified organic farm of Ken and Aleta Barrett produces nutritious, delicious, planet-friendly food for our local community. They sell directly at the Nevada City Farmer's market, the Nevada County Certified Growers Market on Tuesday and Saturday, and at their farm stand. They host many school field trips each year as a Sierra Harvest farm partner— have you been to Starbright Acres Farm?

The Posh Squash: Many of you know Brianna Abundiz as "Farmer Bri" from the Food Love Farm. She started her own farm where she grows mostly winter squash, pumpkins and ground cherries. You can get your holiday pumpkins from her at the Nevada City farmers market from October through Thanksgiving- a portion of proceeds support the Farm to School Program at Scotten and Lyman Gilmore schools.

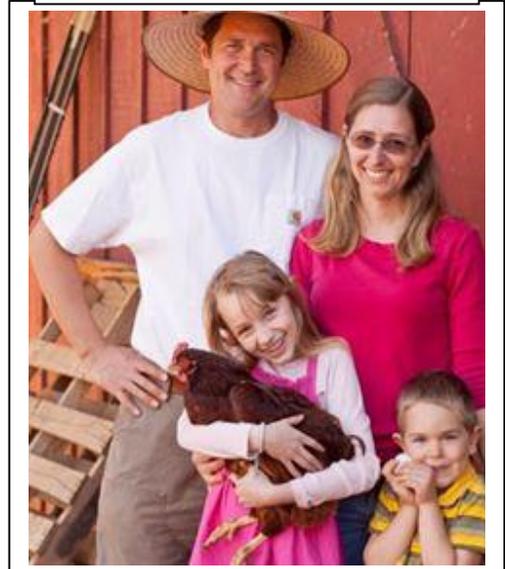


Fresh Ground Cherry Salsa

Serves: 4-6, Prep time: 5 min

- 1 lb. ground cherries (husked, washed, and sliced in half, about 2 cups)
- 1/4 cup thinly shaved red onion
- 1 lime (juiced)
- 4 tablespoons roughly chopped cilantro
- kosher salt to taste
- 1/4 tsp. red pepper flakes

Combine all ingredients and season with salt to taste. For better flavor, let sit for 1 hour before serving.



Healthy Serving Tips:

- Peel the husks and eat the "cherries" raw as a snack
- Add to salads
- Make fresh or cooked salsa
- Make ground cherry jam or a ground cherry pie
- Dehydrate ground cherries to make tasty, tangy "raisins"

Recommended Daily Amounts of Fruits and Vegetables

	Kids, Ages 5-12	Teens and Adults
Males	2½ - 5 cups/day	4½ - 6½ cups/day
Females	2½ - 5 cups/day	3½ - 5 cups/day



Ground Cherry Fun Facts

For all ages:

Ground cherries are not really cherries, but a relative of tomatoes. They grow on vining plants rather than trees as cherries do.

The name “Ground cherry” comes from the fact that they fall to the ground when they are ripe.

Remove the papery husk around the ground cherry, and eat the fruit and seeds inside.



One ground cherry plant produces up to 300 fruits!

Ground cherries are closely related to tomatillos, in the same plant family as tomatoes, eggplant, peppers and potatoes!

From Starbright Acres Farm:

We separate the dirt and debris from the ground cherries using our own "GC Separator" that our daughter Xea built as her 8th grade STEAM project.

Our kids call ground cherries "garden candy" because they come with their own wrapper.

Ground cherries taste different to everyone. Some people say they taste like nuts, others say pineapple, tomatoes and peanut butter. What do you taste?

For older students:

Ground cherries are also known as Cape gooseberry, Inca berry, Aztec berry, Goldenberry, Husk Cherry, Peruvian Ground Cherry, Pok Pok and Poha Berry.

Ground cherries are originally from Brazil but long ago became naturalized in the highlands of Peru and Chile. By 1774 they made their way to England and were later cultivated by early English settlers in South Africa and Australia.

Ground cherries are high in vitamins A and C, thiamin, riboflavin, and niacin, supporting vision, immune system and nervous system.

The scientific name for ground cherries is *Physalis peruviana*. They are in the Solanaceae, or Nightshade family.