



Ground Cherries in their paper husk

Traditionally ground cherries are grown similar to a pepper or eggplant. The plant is a low growing bush that the fruit falls to the ground when they are almost ripe. This makes it hard to harvest, collecting them from the ground. With the system that we are trying to master, "Hillside Growing System" we are making the harvesting of this super food easier to harvest and get to markets weekly. The system is done with panels that run vertically on the hillside. The plants are planted between the panels on a 12 in. mound. The plant grows over the panels and drops the fruit on them. They can then roll down the paneling into a gutter system. Then gathered up from the guttering with an easy harvest.

For the paneling we used vinyl siding attached to 1 x1 lumber. We made them in 2.5 x 4 panels. That size makes it easy to remove. There is a regular gutter attached to the bottom of the panels. There is a walk way between panel+ plant + panel. When picking the vinyl sheets choose a color beside white. The white heats up more and also is blinding when the sun is shining brightly.

This next year we will be adding a cattle panel about 4 in. above the panels that will have a spring attached to them to help support the branches, keep them up a little higher off the panels and shake the plant gently for the fruit to fall when we are ready to harvest them.





# GROUND CHERRIES

Ground cherry or Husk Cherries or Husk Tomato

Ground cherry's Scientific name: Physalis angulata

Ground cherry is a species of flowering plant in the nightshade family Solanaceae).

Peruvian Ground cherry originates in Peru. This crop has been cultivated in many parts of the world since the 18th century. Currently cultivated worldwide. It is widely cultivated in India. The fruit is small, yellow to orange and similar to small tomato in size, shape and structure. The fruit can be used like a tomato. It can be eaten raw and used in salads. Some varieties are added as a sweetener to taste. It is used as a dried raisin to preserve the fruit.

Propagation is by Ground cherry seeds.

The fruit is surrounded by the paper husk. Looks like a small orange, but tastes uniquely sweet: a mixture of pineapple, strawberry and green grapes. Ground Cherry is available all year round but peak season is towards the end of summer. Here in Missouri & Kansas it is July – October.

Commonly they are called Cape Gooseberry, Strawberry tomato, Goldenberry and Physalis. Known in Europe as the "ground cherry". Commonly More different names are called ,such as Annual ground cherry, Angular winter cherry, Balloon cherry, Bladder cherry, Bladder berry, Bolsa mulaca, lance-leaf ground cherry , Cow pops, Cut-leaved ground cherry, Cutleaf groundcherry, Dog tomato, Fisalia, Fisalia tooth-leaved bladder, Hog weed, Husk Tomato, Mullaca, Sun berry, Tooth-leaved winter cherry, Wild cape gooseberry, Wild physalis, Wild tomato, Winter cherry, Bush tomato, Chinese lantern, goose berry , Indian gooseberry weed, Mullaca, Native gooseberry, Battre autour, Bolsa mullaca, Camapu, Husk Cherries.

Health benefits of ground cherries:

## 1. Prevention of heart disease

Vitamin C is good protection for your body because it helps keep you away from free-radical cells which can damage the blood vessels. This type of heart disease is one of the leading causes of serious illness. This tiny fruit is not only good for heart disease but also keeps for other cardiovascular problems. It lowers blood pressure and keeps LDL low while raising HDL.

## **2. Low cholesterol**

High levels of cholesterol have been linked to a number of serious illnesses, such as stroke. A mixture of vitamin C and

vitamin A ground cherries can keep the body's cholesterol low.

## **3. Maintaining bone density**

Another effect of oxidative stress from free radicals is loss of bone density, especially in women.

Eating vitamin C helps you maintain bone density so you can stay healthy.

## **4. Prevent scurvy**

Scurvy is a condition where your body is deficient in vitamin C, which leads to weakness. Symptoms include curly hair, body aches, and fatigue. This condition can be improved by eating regular vitamin C rich fruits for a certain period of time to get your body back to health.

## **5. Cancer prevention:**

Ground cherries have many health benefits. It has been shown in research that eating foods rich in vitamin-C is associated with the treatment of cancers including lung cancer, stomach cancer, colon cancer and oral cancer.

## **6. Vision improvement:**

Eating ground cherries helps to replenish your daily vitamin A. Vitamin A's ability to improve eyesight includes

preventing blindness and dry eyes because it helps your eyes adapt better to dark and light.

Moreover, it helps to keep the retina healthy which in turn prevents cataracts. Combined with vitamin C, this vitamin can provide even better protection from cataracts.

## **7. Treatment of diabetes:**

Vitamin C is quite helpful in the treatment of diabetes because it stimulates the processing of glucose and insulin. This is why studies have shown a link between vitamin C deficiency and diabetes.

## **8. Preventing urine stones:**

Vitamin A forms calcium phosphate which contributes to the prevention of bladder stones. By keeping the lining of the urethra in its shape, the vitamin A in the cut leaf ground cherries reduces the risk of stone formation in the urethra.