PLANT FACT SHEET

Physalis heterophylla Nees

GENUS *Physalis* **FAMILY** Solanaceae

COMMON NAMES Clammy Groundcherry

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten raw. They can be made into pies, jams, sauces, syrup, preserves or soup. (Pectin must be added when making jam.)
Dried fruit can be ground into meal and used in bread. The dried fruit are stored for later use.

DESCRIPTION

A small plant that keeps growing from year to year. It grows 50 cm tall. It has a stout rhizome or underground stem. The stems are erect and hairy. The leaves have glandular hairs. The leaves are 6 cm long by 5 cm wide. They are almost heart shaped with a few irregular coarse teeth along the edge. The flowers occur singly. They are yellow and funnel shaped. They are purple at their base. The fruit are yellow when ripe and contain many seeds. The fruit are 3 cm long by 2.5 cm across. They are enclosed in a papery husk.

HABITAT

It is a cool temperate plant. It grows in fields and open places. It suits hardiness zone 3.

NOTES

There are about 75-100 Physalis species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/699777ef-1368-47e1-bea5-c9d101a78bca