

HUSK CHERRIES



HOW DO THEY TASTE?

Husk cherries have a uniquely sweet, tart, and tropical taste. They are known to taste like a pineapple and a tomato combined.

HOW DO I PICK THEM?

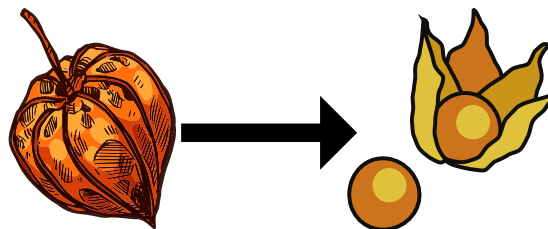
Pick husk cherries that have straw-colored, papery, dry outer husks. The fruit on the inside should be a yellow orange color with no mushy spots. They are in season from late summer to fall and are mainly found at farmers markets.

HOW DO I STORE THEM?

Store husk cherries in their husks and place them in a mesh bag in a room temperature area for up to 3 months. Remove the husks and place them in the refrigerator if you know you will use them within 5 days.

HOW DO I PREPARE THEM?

1. Peel back the husk of the fruit.
2. Enjoy fresh or add to baked goods.



Eat them **raw** and **chopped** in salads and salsas. **Mash** and **boil** for a homemade **jam** or compote. **Chop** and add to a baked good recipe like muffins.

HUSK CHERRY SALSA

Ingredients

- 1 cup husk cherries (outer husk removed)
- ½ cup red onion
- ⅓ cup roasted tomatoes
- Juice of 1 medium lime
- ¼ cup finely chopped jalapeños (seeds removed)
- ¼ cup fresh cilantro leaves
- ¼ teaspoon salt

Directions

1. Combine all ingredients in a food processor and pulse to combine.
2. Chill prior to serving.



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KITCHEN TIP!

To freeze husk cherries, first remove the husk, then rinse and dry them. Place them on a baking sheet and freeze until solid, then put in plastic freezer bags and place in the freezer.