

TARA VALLEY FACT SHEET

Berrylicious: Cape Gooseberry

The Cape Gooseberry is a plant with small tasty berry that is encased in a protective papery covering, similar in appearance to a paper lantern. The berry is cherry-sized and has yellow flesh. It is originally from the Andes, but can be grown in many parts of Australia.

Genus: Physalis. **Species:** peruviana

Growing: The Cape Gooseberry is perennial and can tolerate some frost. Suitable for temperate and sub-tropical areas. The Cape Gooseberry can grow to between 30-90 cm in height. Plant in full sun.

Soil: Grows in most soil types. Enrich the soil with compost, pelletised manure, rock minerals and pea straw mulch.

Water: Provide lots of water throughout the growing year, except towards fruit ripening time.



Foliage & Flowering Features: The fruit is a smooth berry, resembling a small yellow tomato. Once removed from its protective casing, it is about the size of a marble, about 1–2 cm in diameter. It contains numerous small seeds and is sweet and tangy when ripe.

Origin: Native to high-altitude, tropical Peru, Colombia, and Ecuador.

Uses: Because of the fruit's decorative appearance, it is popular in restaurants as an exotic garnish for desserts. Ideal for snacks, pies or jams. It is popular in salads and fruit salads, sometimes combined with avocado. They can also be dried or used in savoury dishes with meats and seafood.

Maintenance: If the fruit is left inside the husks, its shelf life at room temperature is about 30–45 days. Plants are susceptible to many of the same diseases and pests as the tomato.



30 - 90cm

Height



Edibles



Sun



Low to Moderate Water

For more information....



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