



# Caring For Jerusalem Artichoke



## About:

Native to North America, Jerusalem artichokes, or sunchokes, are related to sunflowers and have no relation to artichokes. The edible portion of the plant is the tuberous underground rhizome, while the upper part of the plant grows up to 12' tall with pretty yellow, sunflower blooms.

Jerusalem artichokes are very nutritious and can be eaten raw, cooked or marinated. Raw sunchokes are great sliced in salads, offering a flavor that's slightly sweet and nut-like. They are somewhat similar to water chestnuts and jicama. The skin of the tubers is edible, too, so there is no need to peel them. Cooked, they can be used in stir fry, soups, casseroles or baked. Sliced sunchokes can be deep fried to make chips. Jerusalem artichokes are often used as a potato substitute for diabetics.

## Growing:

Easy to grow, sometimes they can get too carried away so it's best to keep them contained in a pot or a defined bed. They prefer well-drained soil in a sunny location. Plant the tubers about 3-5" deep as soon as the soil can be worked. Large tubers can be cut into pieces with 2-3 eyes.

## Harvest:

The tops emerge about 2 weeks after planting and harvest can take place in about 125 days.