



## What you should know about growing JERUSALEM ARTICHOKE/SUNCHOKES

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### JERUSALEM ARTICHOKE/SUNCHOKES

**Perennial Sunflower** grown for its potato-like tubers. Tender with a sweet, nutty flavor, Jerusalem artichokes are enjoyed raw or cooked. Besides its unique food value, the tall 6-8' plants make an attractive windbreak, and the masses of lovely 4" daisy-like flowers are chocolate scented.

**NUTRITIONAL NOTE:** Directly after harvest, the carbohydrates are in the form of inulin and are good for dieters and diabetics. The inulin changes gradually in storage to other starches and should then be regarded more like a potato by diabetics.

**SITE:** When choosing a site for planting Jerusalem artichokes, it is best to make it a permanent location. These plants are very hardy and can be difficult to eliminate once established.

**SOIL AND CLIMATE:** Plants will grow best in light or sandy soil, where they may reach heights of seven feet. They will grow in clay soil if it has plenty of organic matter. They can be grown in practically any climate.

**SOIL PREPARATION:** Till the soil well. Make sure it is free of perennial weeds and grasses. Add compost or manure. Ordinary vegetable garden fertility is adequate.

**PROPAGATION:** If possible, PLANT THESE TUBERS AS SOON AS YOU RECEIVE THEM. Do not allow them to dry out before you plant. Break or cut tubers into one- or two-eye pieces of approximately 1-2 oz. each (about 1½" diameter). Plant the pieces about 4 inches deep in rows 12-18 inches apart. If you cannot plant them right away, store the tubers in a refrigerator in the vegetable crisper, or in a cool place (34°F).

**WEEDS AND PESTS:** Keep the soil weed free with hoeing, or mulch heavily after the plants emerge. Insect pests and disease aren't ordinarily a problem. Mice sometimes burrow underground to eat the tubers, especially in the winter.

**HARVESTING:** Tubers may be harvested from August through late fall. It is best to harvest tubers after several frosts as this improves their flavor. Grasp the plant at the base of the stalk, pull up the whole plant, and gather the tubers. Alternatively, the tubers may be left in the ground and harvested as desired.

**WINTER PROTECTION:** Jerusalem Artichokes are cold hardy to Zone 3. Mulching is ok but not necessary except where cold is severe.

**STORING:** Jerusalem Artichokes may be frozen, refrigerated in perforated plastic bags, or stored in a root cellar (washed or unwashed) in perforated plastic bags or slightly vented containers. Keep tubers slightly moist to prevent shriveling but not so wet that they rot.

**REPLANTING:** The next crop can be planted from harvested tubers in fall or spring, or leave some in the ground to grow again.

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