



## **Sunchoke - Jerusalem Artichoke – Talking Paper**

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**INDIGENOUS PLANT.** Cultivated by Native American Indians for centuries.

### **SUPER-STAR FEATURES**

- Sunchokes are a good choice for those struggling with diabetes.
- Nutritious, hardy, prolific food.
- Natural plants are a gift from the Creator.

### **VARIOUS NUTRITION & BENEFITS**

- Helps regulate blood sugar levels.
- Low in fat but moderately high in calories, similar to potatoes but low in starch.
- Contains fiber and antioxidants such as vitamin A, C, and E.
- Particularly high in potassium, copper and iron.
- Have an enzyme called inulin which is not metabolized by the human body.
- Prebiotic which supports robust and healthy intestinal flora, however, caution should be taken when first consuming sunchokes as inulin may cause gas in some individuals.
- Helps regulate blood pressure and helps lower bad cholesterol and blood glucose levels.

### **GROWING**

- A few sunchokes go a long way.
- One plant can provide a gallon bucket of food each fall.
- Native wild plant.
- Grows with exuberance in well-drained soil.
- Strong growth habit, well-suited for areas with plenty of room to expand, intermixed with other native plantings or planted on slopes for which soil stabilization is needed.
- Tall blooming yellow flowering bush.

### **TASTE**

- Similar to potatoes.
- Fresh, healthy earthy and nutty flavor, with “delicate after taste.”
- Crisp like a water chestnut.

### **LOOK**

- Knobby like potatoes or ginger root.
- White flesh covered in a thin brown skin.
- Easy to clean when freshly harvested.

### **COOKING TIPS**

- Can be peeled or not peeled, eaten raw or cooked or pickled.
- Slice thin for stir fries or chips.
- Boil whole in soups.
- Bake in casseroles, breads, pancakes and more.

### **HISTORY**

- Other names: sunroot, sunchoke and earth apple.
- Hardy little tubers are not from Jerusalem.
- Tuberosus is from Latin meaning tuberous, refers to the edible roots.
- Genus name from the Greek words helios meaning sun and anthos for flower.
- Relative to aster family and a native sunflower.