

Jerusalem Artichoke



- ◆ The Jerusalem Artichoke belongs to the same family as lettuces, sunflowers, and globe artichokes. It is native to North America.
- ◆ Interesting fact: Jerusalem Artichokes are not from Jerusalem nor are they really artichokes.
- ◆ The plant of a Jerusalem Artichoke resembles a sunflower but produces edible tubers that look like ginger.
- ◆ These tubers are smaller, sweeter, crisper, and nuttier than potatoes.
- ◆ There are white, red or purple-skinned varieties.
- ◆ Jerusalem Artichokes are best from November to March. Choose ones that are pale brown and have no dark or soft patches but instead look fresh and firm.
- ◆ They can be cooked in a similar way to potatoes and parsnips.
- ◆ These Jerusalem Artichokes are sodium and saturated fat free. They are also a great source of iron, fiber and vitamin B₁, which helps with muscle function and the functioning of the central nervous system.

