

# Jerusalem artichoke



The Jerusalem artichoke is not an artichoke and it didn't come from Jerusalem. It's actually a sunflower, which is why it is sometimes called a sunchoke. "Jerusalem" comes from the Italian word for sunflower, which is girasole. It has a lumpy, brown skin

with a white flesh. This tuber is native to Vermont and was cultivated for centuries by Native Americans. The edible roots are best in spring or fall. They look like something from another planet.

Jerusalem artichokes can be eaten raw in salads or cooked by boiling or

steaming. They also make great soup. In the fall, this 6 to 10 foot tall sunflower produces pretty yellow flowers that some people think have a chocolate scent.

## Baked and Dipped Sunflower Roots

Makes 4 servings *David Fried, Wolcott*

### Ingredients:

- 12 Jerusalem artichokes
- 1 Tablespoon butter
- 3 Tablespoons olive oil
- 2 to 3 cloves garlic, chopped (more, if you like garlic)



### Directions:

1. Scrub and rinse Jerusalem artichokes.
2. Wrap in aluminum foil and put in coals of campfire, fireplace, or woodstove.
3. Let them bake for 10 to 20 minutes, until soft.
4. Mix the garlic, butter, and olive oil and warm slightly.
5. Dip artichokes in the mixture and eat with fingers as soon as fingers can take the heat.

*Comments: Inside should be soft when pulled apart after baking, not necessarily soft to the touch on the outside.*

### Nutrition Facts

Serving Size 1 Serving (466g)  
Servings Per Container 4

Amount Per Serving

**Calories 470** Calories from Fat 120

% Daily Value\*

**Total Fat** 13g **20%**

Saturated Fat 3.5g **18%**

**Cholesterol** 10mg **3%**

**Sodium** 50mg **2%**

**Total Carbohydrate** 79g **26%**

Dietary Fiber 7g **28%**

Sugars 44g

**Protein** 9g

Vitamin A 4% • Vitamin C 30%

Calcium 6% • Iron 90%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- If Jerusalem artichokes lose their crispness, it can be restored by soaking them in ice water.
- Jerusalem artichokes can be stored for long periods of time if buried in damp sand in a cold environment, such as a root cellar or basement.

## Complementary Herbs

celery seed  
dill  
marjoram  
mustard seed  
parsley  
rosemary  
thyme

## Mashed Jerusalem Artichoke

Serves 6

*Heather Danis, Burlington*

### Ingredients:

- 3 1/2 pounds Jerusalem artichokes
- 1 pound boiling potatoes
- 1 teaspoon salt
- 3 cups milk
- 3 Tablespoons butter, softened
- Pepper, to taste



### Directions:

1. Peel Jerusalem artichokes and cut into 2-inch pieces.
2. Peel potatoes and cut into 3/4-inch pieces.
3. Combine artichokes, potatoes, and milk in a pot with enough water to cover vegetables by 2 inches; simmer until vegetables are tender, about 25 minutes.
4. Drain vegetables and return them to the pot.
5. Mash vegetables with butter and salt.
6. Add pepper to taste and mix until smooth.

## Nutrition Facts

Serving Size 1 Serving (471g)  
Servings Per Container 6

Amount Per Serving

**Calories** 370    **Calories from Fat** 60

% Daily Value\*

**Total Fat** 6g    **9%**

Saturated Fat 4g    **20%**

**Cholesterol** 20mg    **7%**

**Sodium** 530mg    **22%**

**Total Carbohydrate** 67g    **22%**

Dietary Fiber 5g    **20%**

Sugars 31g

**Protein** 11g

Vitamin A 15%    • Vitamin C 30%

Calcium 20%    • Iron 50%

\* Percent Daily Values are based on a 2,000 calorie diet.