JERUSALEM ARTICHOKE

The **Jerusalem artichoke**, also called sunroot, sunchoke, wild sunflower, topinambur, or earth apple, is a species of sunflower native to central North America. It is a bumpy, fleshy root vegetable of the sunflower family. Jerusalem artichoke is an underground, nutty, flavorful, starch-rich root is eaten much the same way as potatoes in many parts of Western Europe and Mediterranean regions.

How to grow

Jerusalem artichokes are easy to grow and need little maintenance. They are a type of perennial sunflower, producing crops of underground tubers for harvesting in late autumn and winter. They can also be grown in large containers if you're short on ground space.

Jerusalem artichokes are grown from tubers rather than seeds, in a similar way to potatoes, yet unlike potatoes, they are very hardy. After harvesting, if you leave a few in the ground, either on purpose or by accident, they'll sprout in spring and produce another crop by late autumn.

east renfrewshire climate action hub

The Community Hub
East Renfrewshire

Why Eat Jerusalem Artichoke?

How to cook

Jerusalem artichokes can be enjoyed raw or cooked. Slice them thin for salads, roast or sauté for a potato-like side dish, or blend into soups for a creamy, earthy flavour. Leave the skin on for extra nutrients—just scrub well before eating.

Jerusalem artichokes are one of the best natural sources of dietary fibre. They are especially rich in inulin—a unique type of fibre that acts as a natural sweetener without raising blood sugar levels. That makes them a great choice for people with diabetes or those watching their weight.

These crunchy tubers are naturally low in fat, completely cholesterol-free, and loaded with beneficial plant compounds, antioxidants, vitamins, and minerals. Eating them regularly can help boost gut health, support your immune system, and add valuable nutrients to your meals.

In terms of energy, Jerusalem artichokes provide about 73 calories per 100 g, which is similar to potatoes. The difference is that they are more nutrient-dense, offering greater health benefits with every bite.

east renfrewshire climate action hub

The Community Hub
East Renfrewshire