Common Name: Jerusalem Artichoke
Botanical Name: *Helianthus tuberosus*

Zone: 3-9  
Type: Herbaceous perennial  
Height: 6-10 ft.  
Width: 3-5 ft.  
Habit: Upright  
Flower: 12 to 20 showy, petal-like, bright yellow rays surrounding a yellow center disk of tiny darker yellow disk florets.  
Bloom Season: August to September  
Foliage: Rough, ovate, serrate-dentate 4-8 in. leaves on winged petioles.  
Flavor: Nutty, artichoke-like  
Fragrance: Insignificant  
Sun: Full sun to partial shade  
Soil: Average, dry to medium moisture, well-drained soils  
Water: Low to medium  
Culinary Uses: Grated raw into salads, boiled and/or mashed like potatoes, roasted or added to soups. Tubers do not contain starch, but contain inulin which converts into fructose and is better tolerated by people with type 2 diabetes than sucrose.  
Garden Uses: Small groups or mass. Borders, vegetable gardens, cottage gardens, bird gardens, butterfly gardens, wildflower, native plant gardens, and meadows. Due to tall size and colonizing tendencies, this plant is perhaps best sited in naturalized areas or rear corners of perennial gardens.  
Other Uses: Good source of biomass. The tubers are used to make alcohol etc. The tuber fermented alcohol is said to be better quality than from sugar beets.  
Harvesting: Harvest of the tubers should begin about 2 weeks after the flowers fade. Each plant typically produces 2-5 pounds of tubers per year.  
Photo: From mobot.org plant finder site  
Origin: Eastern North USA, MO native  
AKA: Sunchoke, sunroot  
Attracts: Birds, particularly finches, butterflies

Information provided on the traditional uses and properties of herbs are for educational use only, and is not intended as medical advice. You should always check with your health care practitioner before self-administering herbs.