

Jerusalem Artichoke

Planting & Growing Guide

Questions? Contact us at (888) 784-1722 or helpdesk@groworganic.com

Introduction: The Jerusalem artichoke, (*Helianthus tuberosus* L.), also known as sunchoke, is a species of sunflower with edible tubers. This perennial plant can grow in excess of five feet tall and is often planted as an ornamental for its small yellow flowers. The tubers taste like water chestnuts and can be used fresh in salads or cooked like potatoes. Tubers appear similar to ginger root, and the flesh can vary in color from white to red. The seeds from the flowers are edible as well, but smaller than your normal sunflower seed.

Jerusalem artichokes are hardy plants that prefer cooler climates, and can grow well in poor soil. For best results plant in porous soil with good drainage in a spot with lots of sunlight. Because any tubers left in the soil over winter will produce new plants in spring, Jerusalem artichokes can be invasive and may take over large areas. For this reason many gardeners recommend planting them away from other garden beds, maybe by a fence or next to a building, or in a raised bed of their own.

The tuber's principal carbohydrate element is inulin, which converts to fructose in the digestive tract (as opposed to glucose), and therefore is better tolerated by diabetics. Its low starch content also makes it a good choice for someone on a low-starch diet.

Heeling In: When your bare root tubers arrive, open the plastic bags immediately. It is best to plant right away, within a week of delivery, however if you cannot plant right away, you may "heel in" the tubers to protect them and keep them alive (but still dormant) until you are able to plant them in their permanent spot.

Outdoors: To heel in bare root tubers outside, pick a location that is shielded from wind. Dig a trench about twice as deep as the tubers, place in the hole and cover the tubers with soil or sand and gently tamp down to avoid air pockets. Periodically check the area and keep the soil moist.

Indoors: To heel in bare root tubers indoors, whether due to snow or a frozen ground, choose a cool place like a root cellar, basement, or garage. It's important to choose a place where the temperature stays between 38°F and 45°F. This is important so the tubers neither freeze, nor do they break dormancy. Place the tubers in a container with soil or sand and be sure to keep the area moist.

Planting & Growing: Plant tubers in late winter or early spring, as soon as the soil can be worked. Later planting results in smaller yields. Add a balanced fertilizer, high in Phosphorus, like a bulb or flower blend. Before planting, cut tubers into one to two ounce pieces, with two or three prominent buds. Don't let the pieces dry out before planting. Small tubers can be planted without cutting. Plant the tubers 12" - 24" apart and cover them with 3" - 5" of soil.

Jerusalem artichokes don't need a lot of care during the season. Weed around the young plants and soon they will shade out any weeds themselves. Water like you would a sunflower if you don't get summer

Important Information

- **If your plants arrived damaged**, take photographs and contact us immediately and we will provide you with a refund of the purchase price, or a replacement.
- **You should plant your jerusalem artichokes within a week of delivery.** If you are unable to do so, you can plant it in a pot or "heel in" your jerusalem artichokes until you are able to plant.
- **In the rare event that your jerusalem artichokes do not leaf out by May 15th**, we offer a Limited Guarantee on dormant plants. See the last page for details.

Check Out Our How-to Videos & Blogs

www.groworganic.com/organic-gardening

Videos

[Planting & Growing Jerusalem Artichokes](#)

Blogs

[Jerusalem Artichokes 101](#)

rain.

Harvesting: Harvest your crop after the first frost or when the flowers start to die back. Cut the tops and dig out the tubers. A hand rake makes this job easier. Tubers dug later in the season are sweeter but have less inulin. You can leave tubers in the ground and harvest as needed, but be sure to harvest all the tubers before spring to avoid unwanted "volunteers". If you have young plants come up that you don't want, destroy them before they can set tubers.

Storage: After harvest, scrub the tubers with a vegetable brush. There is no need to peel them. They should be stored in high humidity at a temperature close to 32°F. In these conditions the tubers can be stored for several months.



Organic Gardening Resource Center

www.groworganic.com/organic-gardening

200+ How-to Videos

Tip of the Week

300+ Blogs

Growing Guides

Planting Calculator

Recipes & more!



Peaceful Valley Farm & Garden Supply

P.O. Box 2209 • 125 Clydesdale Ct. • Grass Valley, CA 95945
(888) 784-1722 • Fax (530) 272-4794
www.GrowOrganic.com

Entire contents © 2017 Peaceful Valley Farm Supply, Inc. All rights reserved. Revised April 10, 2017.

Perishable Items (3-Day Return Policy):

We guarantee the perishable items we sell to be in good, viable condition when we sell them. Perishable items include, but are not limited to, garlic bulbs, flower bulbs, seed potatoes, onion sets & transplants, bare-root trees, vegetable crowns... etc. If your perishable item arrives in substandard condition, please contact us within 3 days of the purchase date (or delivery date) and we will provide you with a refund of the purchase price (including shipping costs), or a replacement. Accordingly, we urge you to open any boxes marked as "Perishable" immediately upon receiving them. Because some perishable items can deteriorate very quickly, we cannot accept any claims beyond the 3-day time frame as it becomes too difficult to determine if these items were delivered in substandard condition, or if they turned into such substandard condition because of having been improperly cared for or stored once delivered.

Limitation of Remedy

We warrant to the extent of the purchase price only that the seeds or plants sold hereunder are as described on the label within recognized tolerances. No other warranty is given, expressed or implied, of (1) the merchantability or fitness of the seeds or plants for any particular purpose, or (2) against loss due to any cause. We cannot accept any responsibility for the many uncontrollable growing and climatic conditions (soil preparation, fertilization, weed and pest control, temperature control, irrigation...etc.) that must be met to insure the success of your crop(s) or plants.

Limited Dormant Tree & Plant Guarantee (When Planted in the Ground by April 1st)

Claim Deadline is June 1st (with the exception of persimmon trees, which have a deadline of June 15th). Claims placed after June 1st (or June 15th for persimmon trees) will be denied.

Please note: Our trees will come to you topped off at approximately 3 ft. in height to put the tree's stored energy into root development vs. foliage production.

What We Guarantee

Our only guarantee is that your dormant tree/plant will arrive in good, viable condition and will leaf out by May 15th (historically 98% of our trees do). This guarantee is only available to customers who purchased their tree/plant directly from us, and who planted their tree/plant in the ground by April 1st (or temporarily in a pot if the ground in their zone was still frozen solid).

What We Cannot Guarantee

We cannot guarantee that your tree/plant remains alive & healthy, or bears fruit, as there are too many variables beyond our control in order to do so (i.e. soil preparation, planting, fertilization, weed & pest control, adequate irrigation and/or drainage, chill hours, compatible hardiness for your zone, proper choice of pollinator, etc).

How to Request a Credit

If your tree/plant does not leaf out by May 15th, please perform a scratch test by checking for green under the bark, a few inches over the graft. If the scratch test reveals a brown cambium, that means your tree/plant is dead or dying. Watch our video titled Bare Root (Dormant) Warranty on how to perform this simple test. If the scratch test revealed that your plant is dead or dying, pull it from the ground and take pictures of the entire tree/plant, including the roots. Submit your claim & pictures by using the "Return an Item" tool on our Customer Service page (or email us at helpdesk@groworganic.com) no later than June 1st (or June 15th for persimmon trees). We will review your claim and issue you a credit (not a refund) for the purchase price of your tree/plant (excluding shipping).*

(We reserve the right to not issue credit for items already replaced. We also reserve the right to require photographic evidence that the tree/plant was not killed by root rot, rodent or mechanical damage.*

Follow Us on Social Media!

