

Sunchoke Root

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Sunchokes prevent gastrointestinal diseases

GEEK TALK

Cynara cardunculus

BUT WE TALK

Sunroot, earth apple, topinambour, Jerusalem artichoke, Canada potato, French potato

DID YOU KNOW?

Very commonly referred to as Jerusalem artichokes, sunchokes are a species of sunflower that is native to North America. Sunchokes typically grow anywhere from 4-9 ft high and were introduced to Europe in the 1600s by Native Americans in Cape Cod.

The eaten part is the underground tuber which bears some resemblance to a potato.

While not the most aesthetically pleasing vegetable sunchokes have a sweet and nutty flavor and can be eaten both raw and cooked.

KITCHEN PHARMACY

- Sunchokes are known to be especially helpful to the intestines and are seen as preventive against gastrointestinal diseases.
- They also help normalize our metabolism and are seen as very helpful for the digestive system as a whole.

