

# 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.

