

Artichoke, Jerusalem

Vegetable

Suggested varieties: *Fuseau*

PLANT



Plant 5cm long tubers 15cm deep, pointing upwards. Space tubers 30cm apart and 90cm between rows. Choose fertile soil in sunny site

GROW



When 30cm tall, pull soil to cover 10cm of stem ('earthing-up'). Stake if needed. Remove flowers for a bigger crop. Cut stems to 15cm in autumn

EAT



Dig up tubers as needed, covering with straw in winter so the soil can still be dug in freezing weather. Carefully remove all tubers by spring to stop re-growth

Growing guide

Give it a go...

Average time to harvest

From 24 weeks

Equipment needed

Stakes, twine, straw (optional)

Germination time

Tubers sprout in 10-20 days

Average plant size

150cm tall, 30cm wide

Family group to grow with

Asteraceae: chicory, salsify

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Fibre

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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