

Sunchokes (Jerusalem Artichokes)

Jerusalem artichokes, more aptly called sunchokes, aren't from Jerusalem and are not artichokes. These vegetables, native to the United States, look a lot like ginger root. Harvested in the fall, or over-wintered and harvested in the spring, sunchokes are the knobby tubers that are sliced or broken from the extensive root system of a tall, perennial sunflower. Eaten raw, they are crisp and refreshing like water chestnuts. Cooked, they are moist, sweet, and starchy.

STORAGE

Due to their delicate skins, sunchokes store poorly after harvest. Keep unwashed tubers in a perforated plastic bag in your refrigerator crisper drawer for up to two weeks. If the skin looks shriveled after you take sunchokes out of storage, rehydrate them in a bowl of cold water.

Garlicky Sunchoke Salad with Dill and Feta

This refreshing salad is the perfect side to a heavy meal, and with some good bread it makes a great lunch. Topped with an attractive and flavorful garnish of sliced radish and crumbled feta cheese, it's just the sort of dish that gets people talking: "What is this crisp, delicious veggie?" *Angelic Organics Kitchen* (adapted from *Madison Herb Society Cookbook*).

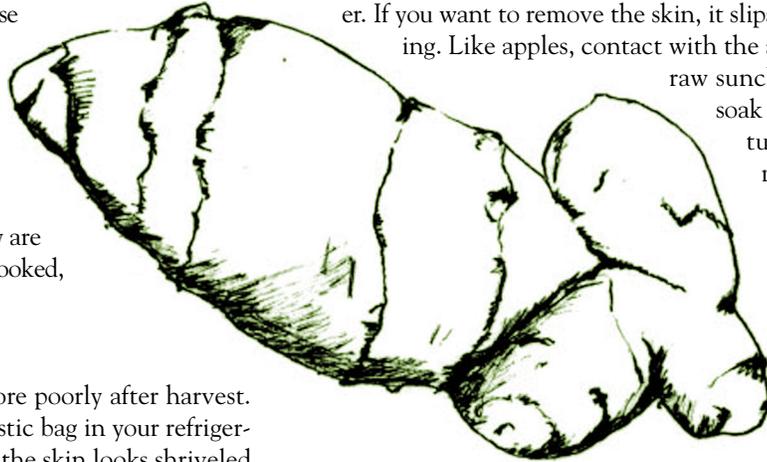
Serves 4

2 1/2 cups thinly sliced sunchokes (about 8 sunchokes)
1/2 cup chopped onion (about 1/2 medium onion)
2–3 teaspoons minced garlic (about 1 large clove)
1/4 cup olive oil
1/3 cup cider vinegar
3 tablespoons chopped fresh dill or
1 1/2 tablespoons dried dill
1 1/2 teaspoons chopped fresh tarragon or
1 teaspoon dried tarragon
1/2 teaspoon salt
freshly ground black pepper
sliced radish
crumbled feta cheese

1. Combine the sunchokes, onion, and garlic in a bowl. Add the oil, vinegar, dill, tarragon, and salt and pepper to taste. Toss well.
2. Marinate in the refrigerator for 8 to 12 hours, stirring occasionally.
3. When ready to serve, garnish with sliced radish and crumbled feta cheese.

HANDLING

Rinse sunchokes under cold water, scrubbing gently with a brush if dirt fills the cracks in the skin. The skin is thin and nutritious and, during cooking, retains nutrients and holds the tuber together. If you want to remove the skin, it slips off easily after cooking. Like apples, contact with the air causes the flesh of



raw sunchokes to discolor, so soak sliced or skinned raw tubers before use in a mixture of 2 tablespoons lemon juice and 1 quart water.

Sautéed Sunchokes

An easy yet absolutely delicious way to cook

up some sunchokes is to sauté them in butter. This is a great alternative to potatoes on the dinner plate, and just as versatile. You'll surely be asked, "What do you do to your potatoes? They're so good." *Angelic Organics Kitchen* (adapted from *The Victory Garden Cookbook*).

Serves 4

3 tablespoons butter
1 1/2 teaspoons vegetable oil
1 pound sunchokes (about 8 sun-chokes),
sliced into 1/-inch rounds
2 tablespoons minced fresh parsley, divided
salt
freshly ground black pepper

1. Heat the butter and oil in a skillet over medium-high heat. Add the sunchokes and 1 tablespoon of the parsley; cook, turning frequently, until the sunchokes are lightly browned on the outside and tender inside, 4 to 6 minutes.
2. Season with salt and pepper to taste and garnish with the remaining parsley.

Overheard

Farmer #1: You always milked?

Boone County Farmer: I went to college, then I taught for two years. I've been milking ever since. About twenty years now.

Farmer #1: Which do you prefer, milking or teaching?

Boone County Farmer: You kidding? Who would teach when they can milk?

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at www.AngelicOrganics.com/cookbook.

