

Jerusalem artichoke (Topinambur)

All about Topinambur (1)

● Topinambur, (*Helianthus tuberosus*)

Belongs as to the family of tuber building plants from the genus of the sunflower-plant also named as Erdbirne, Weißwurzel, Jerusalem- artichoke or diabetics-potatoes and in the USA known under the name of "Chiben".

● Indian culture-plant

Originally from north-america Topinambur was introduced to England to Germany and France.

The French gave this irregular formed, artichoke-like tasting tuber, the name Topinambur, dedicating to the name of Brazil indian tribe Topi.

● Topinambur the ur-potato

In Europe the Topinambur was however quickly replaced by potatoes, as the cooking of Topinambur resulting in a loss of the main-substance inulin, which made Topinambur taste insipid. It is possible to eat Topinambur raw or braised or steamed, which gives it an artichoke-similar taste.

● The peculiarity of the plant

The plant of Topinambur is similar to the sunflower and can grow up to 3 meter and has a little yellow flower. Produces from an irregulars haped tuper similar to potato. This tuber is the basis for Lienig-topinambur-juice, which has its main-substance inulin. In contrast to potato which has starch as the main-substance or beet which has sugar as its main-ingredient.

Topinamburs main-component is inulin.

Topinambur has no special requirements for sort or weather conditions and is doesn't need neither fertilizer or pesticide and it is also said, that it has the ability to clean up contaminated ground.

Harvest: (autumn) winter till spring