

Jerusalem Artichoke

Helianthus tuberosus · Daisy family

DIFFICULTY Easy (can be invasive)

TYPE Perennial tuber, related to sunflower

MATURITY 120–150 days



SUN
Full sun



WATER
Low–moderate



SOIL PH
6.0–7.5



SPACING
30cm × 60cm



DEPTH
10cm

01 Contain it — it spreads

This towering sunflower relative produces tubers so readily that any missed at harvest will resprout next year. Grow it in a dedicated, contained bed.



loose, deep soil — straight root



stony soil — forked root

02 Planting

METHOD	Plant tubers like seed potatoes; any small piece with a bud will grow.
SOIL	Tolerates poor soil; free-draining preferred.
TIMING	Plant in early spring.

04 Problems

- **Spreading beyond bounds** — the main issue; harvest thoroughly and contain the bed.
- **Powdery mildew** — late season on leaves; largely cosmetic.
- **Slugs** — on young shoots; hand-pick.
- **Wind damage** — tall stalks can topple; stake if exposed.

06 Companions & rotation

PLANT NEARBY

Sunflower

Corn

AVOID NEARBY

Anywhere spreading is a problem

ROTATION NOTE

Not applicable — permanent bed recommended given its spreading habit.

03 Growing care

- Water while establishing; drought-tolerant once tall.
- Stake or shelter in windy spots — plants reach 2–3m.
- Contain the bed — every missed tuber regrows next season.
- Cut stalks back once they yellow in autumn.

05 Harvest & storage

SIGNS	After stalks die back in autumn/winter.
METHOD	Fork carefully — tubers are knobby and scatter widely.
CURING	None needed.
STORAGE	Best left in the ground and dug as needed; stored tubers dry out quickly.