



LITTLE TREE FOOD FOREST
Publications

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Planting Instructions for Jerusalem Artichokes

1. Best Time to Plant:

- **Planting Time:** Jerusalem artichokes can be planted in **late fall or early winter**, as long as the soil is workable, or in **early spring** once the threat of frost has passed. Planting in fall allows the tubers to establish themselves before winter, while spring planting ensures they are ready for a full growing season.

2. Selecting Tubers:

- **Choose Healthy Tubers:** Select firm, healthy tubers with at least one "eye" (small buds or growth nodes), similar to potatoes.
- **Size:** Tubers should be around 1-2 inches in size, or if larger, you can cut them into pieces with at least one eye per piece.

3. Preparing the Soil:

- **Soil Preparation:** Loosen the soil to a depth of 6-8 inches and mix in compost or well-rotted manure to improve drainage and fertility.
- **Row Spacing:** Space rows about 2-3 feet apart to allow room for growth.
- **Planting Hole:** Create individual planting holes or trenches 4-6 inches deep.

4. Planting the Tubers:

- **Plant Depth:** Place the tuber pieces 4-6 inches deep in the soil, with the eyes facing upwards.
- **Spacing:** Space tubers about 12-18 inches apart within the row to ensure enough room for growth.
- **Covering:** Gently cover the tubers with soil, and water thoroughly to ensure good soil contact.

5. Growing and Care:

- **Watering:** Keep the soil consistently moist but not waterlogged, especially during the growing season. Jerusalem artichokes are drought-tolerant but will yield better results with regular watering.
- **Mulching:** Apply a layer of mulch around the plants to help retain moisture, suppress weeds, and regulate soil temperature.
- **Fertilizing:** If needed, use a balanced, organic fertilizer during the growing season. Jerusalem artichokes typically don't require much fertilization if the soil is rich.

6. Harvesting:

- **When to Harvest:** Jerusalem artichokes are ready to harvest in **late fall** or early winter, after the first frost, but you can also harvest earlier if needed. Tubers sweeten after frost, but they can be harvested before frost if preferred.
- **How to Harvest:** Gently dig around the base of the plant with a spade or fork, being careful not to damage the tubers.
- **Storage:** After harvesting, store the tubers in a cool, dark place (such as a root cellar) for up to 6 months. Alternatively, leave a few tubers in the ground over winter to regrow in the spring.

7. Post-Harvest Care:

- **Replanting:** Leave a few tubers in the ground to regrow in the spring, or save healthy tubers for planting next season.

Additional Tips:

- **Pests and Diseases:** Jerusalem artichokes are generally resistant to pests, but you may occasionally see aphids or beetles. Use organic pest control methods if necessary.
- **Invasive Nature:** Jerusalem artichokes can spread easily through their tubers, so consider using a contained bed or root barriers to manage their growth.

Enjoy your harvest of Jerusalem artichokes, a nutritious and versatile vegetable perfect for roasting, soups, and salads!