

# 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



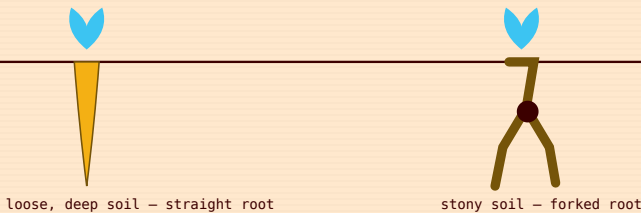
SPACING  
30cm × 60cm



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.



## 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.                                                 |

Planting timing varies significantly by Australian climate zone. Set your zone above (or use the Find My Climate Zone tool) for guidance tailored to your own area.

## 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.

## 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.

## 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.                                      |
| PRESERVING | See <a href="#">Root Cellaring</a> (cool, dark storage without processing) for ways to keep a harvest surplus. |

## 06 Companions & rotation

|                                                |                                                 |                                                                       |
|------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------|
| PLANT NEARBY                                   | AVOID NEARBY                                    | ROTATION NOTE                                                         |
| <a href="#">Sunflower</a> <a href="#">Corn</a> | <a href="#">Anywhere spreading is a problem</a> | Not applicable — permanent bed recommended given its spreading habit. |