



# Sunchokes for All

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This week, we continue to feature cleansing and detoxifying foods. Our bodies work extra hard this time of year and using food as medicine can be of help.

The sunchoke is a strange-looking knobby tuber. Although it looks odd, it tastes good and is affordable too!



Also known as Jerusalem Artichokes, sunchoke are very rich in inulin, a carbohydrate linked with good intestinal health due to its probiotic (bacteria promoting) properties. Inulin can increase the absorption of other nutrients like calcium

and magnesium. Sunchoke contain vitamin C, phosphorus and potassium. They are also very good source of iron.

Other foods high in inulin that help with digestion include dandelion roots, burdock roots and artichokes. High Inulin foods increase metabolic activity. Having healthy bacteria in the intestine can help to combat unwanted bacteria.

Your Sunchoke come from **Nash's Family Farm** located in the Sequim-Dungeness Valley, Washington. Nash's Organic Produce has been growing healthy food, saving farmland and training future farmers for over 30 years.



## Cooking Sunchoke

**Cook as you would potatoes** - roast, sauté, bake, boil or steam. If peeling or cutting, drop pieces into water with a squeeze of lemon juice to prevent discoloration. Unlike potatoes, sunchoke can also be used raw (e.g. in salads) or lightly stir-fried. **Sometimes the sunchoke can cause a little wind** (so you may want to try sparingly at first) but the health benefits are worth it!

## Roasted Beet, Sunchoke Salad with Citrus Vinaigrette Inspired by the Winter Farmer's Market

<http://www.acouplecooks.com/2010/12/roasted-beet-sunchoke-and-arugula-salad-with-orange-vinaigrette/>

4 to 6 small beets

Around 8 small sunchoke

Around 8 cups of mixed greens

Small red onion

Goat cheese

crumbles

(optional)

1 orange

White wine vinegar

Olive oil

Honey

Kosher salt Fresh ground pepper



1. Preheat the oven to 400°F.
2. Roast the beets: Wrap tightly in aluminum foil. Place in the oven and roast until tender (about 45 minutes to 1 hour).
3. Roast the Sunchoke: Clean them off and slice them about 1/4-inch thick. Place on a baking sheet covered in parchment paper, drizzle with olive oil, and sprinkle with salt and pepper. Roast 15 to 20 minutes, until tender.
4. Make the vinaigrette: Whisk together the juice from one orange, zest from half of the orange, 2 tablespoons white wine vinegar, 2 tablespoons olive oil, and honey, salt and pepper to taste.

When the beets have finished roasting and are cool enough to handle, remove the skin and cut into wedges. Then arrange the greens on a plate, and top with beets, sunchoke, red onion, crumbled goat cheese, vinaigrette, remaining orange zest, and salt and pepper. Enjoy!