

[Sunchokes]

Enjoy their crisp and fluffy texture

Now in season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. **Nov.** **Dec.** Jan. Feb.



Their name in Japanese, "kikuimo" (literally "chrysanthemum potatoes") comes from the fact that they have chrysanthemum-like flowers and several root tips that form tubers underground! In recent years, they have gained attention due to their many health benefits, but they are rarely seen on store shelves because of their small production volume. Be sure to buy some when you see them!



How to Choose

- Choose roots that are unblemished, heavy, and hard.
- Roots that are light beige or brown with a uniform surface color are best.



How to Store

- Do not wash them until just before they will be used.
- Store them in a cool, dark place in a breathable bag (preferably a paper bag) or container.



Recommended Dishes



Nutritional Content

- Dietary fiber, potassium, copper, niacin, etc.

Sunchokes contain a lot of a dietary fiber called inulin. In addition to increasing intestinal bacteria, they also suppress the absorption of carbohydrates and salts and the accumulation of triglycerides, so they can prevent and improve lifestyle-related diseases.



As the skin of sunchokes is thin, you can prepare them just by washing well. Just peel off the places that bother you!

One characteristic they have is that their texture changes when heated. When eating them raw, it is recommended to slice them and soak in water to remove any bitterness, and enjoy them either as pickles or a carpaccio!



Braised sunchokes



Miso soup with sunchokes and Japanese mustard spinach



Reference websites: "Healthy living with sunchokes: Complete guide from nutrition to how to use," Taberare Hokkaido / "Learn about sunchokes," Kenkou Marche / "Encyclopedia of Seasonal Food / Sunchokes," JA Group Toretate Daihyakka (Encyclopedia of seasonal food) / "Is it true that inulin improves bowel movements?," Nikkei Biotechnology & Business
Reference: "Ingredient Encyclopedia for Healthy Daily Living," NHK Publishing, Nov. 2018

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
(English version)!

The website is available in English. Please be sure to read it.



Click "English"
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