



Sunchoke Slaw!

Ingredients:

- ½ pound sunchokes, washed and shredded
- ½ pound apples, washed and shredded
- ½ pound carrots, washed and shredded
- 2 tablespoons honey, maple syrup, or agave
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar or rice wine vinegar
- 2 tablespoons olive oil
- kosher salt and freshly ground black pepper to taste
- sunflower seeds (optional)

Directions:

Wash and shred sunchokes, apples, and carrots and set aside in a large bowl, and cover with lemon juice to prevent browning. Mix oil, vinegar, sweetener, salt and pepper, or any seasonings you like in a small bowl. Pour liquid dressing over the shredded mix, stir, and top with sunflower seeds and more salt and pepper if desired.

*Today we are using local **Sunchokes** (also called Jerusalem Artichokes) from Western Montana Growers Co-op in Arlee, Montana. They are neither from Jerusalem nor are they artichokes. They are the tuber (root) of a North American weed that is a species of sunflower.*

One guess as to where they got their name is that the Italian word for sunflower is "girasole," and it is thought that Italian immigrants that settled in the Northeast US, where sunchokes were abundant, attached this name to them and over time it morphed from "girasol" to "Jerusalem."

Also called "earth apples" or "sunroots," they look like a cross between a potato and ginger root. Sunchokes are high in iron (1 cup serving contains 28% of your minimum daily requirements of iron), potassium and B vitamins, and low in calories and carbohydrates. They're delicious roasted or raw in salads, or baked and blended into soups.

They are one of Montana's abundant crops and can be stored through the winter.