

HERITAGE VEGETABLES

Hélianthi

An elongated heritage tuber, tasting of artichoke.

Hélianthi is an elongated, knobbly tuber with light brown skin and white flesh. A cousin of the Jerusalem artichoke, it is finer and easier to peel. Its taste recalls artichoke and salsify. It is delivered loose and keeps in a cool place.

FLAVOUR
artichoke, salsify

ORIGIN
France

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
France	●	●	●								○	●

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

- **Loose 5 kg** — France

In the kitchen

- As a purée or a velouté
- Oven-roasted
- Sautéed as a garnish for meat

Orders and prices

Moorea — 69 rue de Perpignan, Bâtiment D3, marché international de Rungis, 94150 Rungis
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