

# ARTICHOKE

## THE EDIBLE THISTLE

### Nutrition Facts:

Artichoke is a true  
SUPERFOOD!

- *Cardiovascular health* – potassium helps to lower bad cholesterol levels and reduce the risk of stroke and cardiovascular disease.
- *Immunity* - the artichoke is rich in phytonutrients and antioxidants. This helps to boost the body's immunity against diseases.
- *Digestion* – this vegetable is rich in dietary fiber, which supports a healthy digestive system.



The artichoke is a type of thistle that can be eaten and grows to be more than 3 feet tall. The flower buds are the edible portion of the plant.

Because of their tough exterior, artichokes take some careful preparation. But your efforts will reap tasty nutritional rewards.

### Fun Facts!

- According to legend, the artichoke was created when the smitten Greek god Zeus turned his object of affection into a thistle after being rejected.
- Artichokes are California's official vegetable and all artichokes sold in the U.S. are grown there.
- One of USDA's Top Twenty Antioxidant Rich Super-foods.
- Marilyn Monroe was crowned the first official California Artichoke Queen in 1947.



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# How To Prepare ARTICHOKE

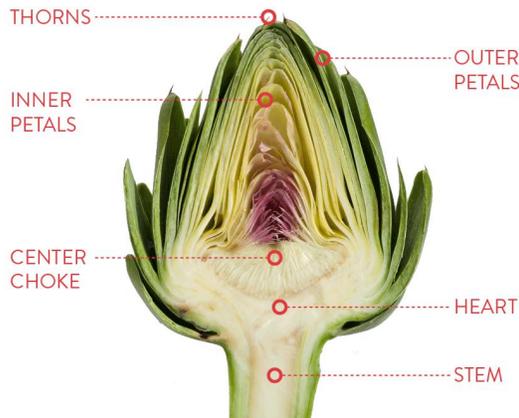
## HOW TO:

**STORE:** Sprinkle water on the bottom of the stem and keep it in an airtight bag in the fridge. Use it within 5-7 days.

## PREPARE:

Boil a large pot of water with a bit of salt. Once boiling, add the whole artichoke with most of it covered by water. Allow it to boil for 30 minutes uncovered. The artichoke is done cooking when a sharp knife can go through the stem easily.

Cooking time depends on how large the artichoke is, the larger it is, the longer it takes to cook.



Prep: Slice about 3/4 inch to an inch off the tip of the artichoke removing the sharp points.

Pull off any smaller leaves towards the base and on the stem. Cut excess stem.

Rinse the artichokes in running cold water.

## Eat it!

### Dipping Sauces:

- Melted butter
- Lemon juice
- Melted mayonnaise
- Sour cream
- Your favorite sauce!

1. Start by pulling off one of the outermost petals. Dip the base of the petal into your favorite sauce.
2. Pull the petal through your slightly clenched teeth to remove the soft, tender flesh at the bottom of the petal. Discard remainder (you'll want to have an empty bowl ready in which to drop them).
3. Continue until all petals have been removed. You will now have arrived at one of the great culinary rewards: the Heart! Scoop the fuzzy center choke covering the heart with a spoon and discard.
4. Cut the remaining Artichoke Heart into bite-sized pieces, dip and enjoy!

Prepared by Volunteers of  
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References:

1. Oceanmist.com
2. webmd.com
3. Wikipedia.com



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