

Pick a better snack™



# Artichoke

Artichokes should be firm, compact, heavy for their size and have an even green color. Artichokes are actually a flower bud — if allowed to flower, blossoms measure up to seven inches in diameter and are a violet-blue color.

Artichokes are vegetables which grow as flower buds on plants.

The artichoke was known to both the Greeks and the Romans. Wealthy Romans enjoyed artichokes prepared in honey and vinegar, seasoned with cumin. It was not until the early 20th century that artichokes were grown in the United States.

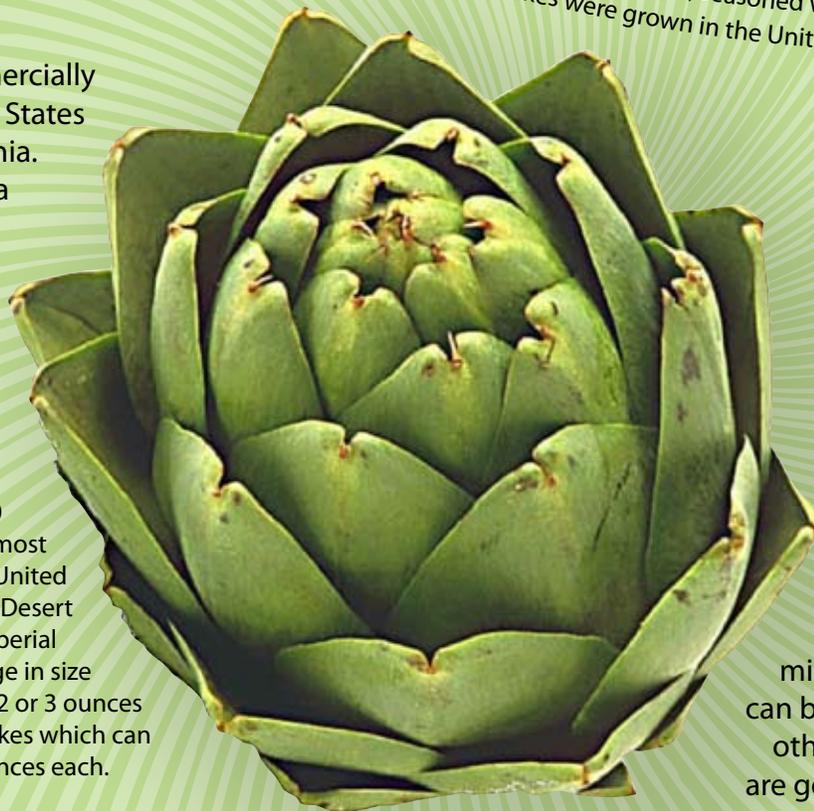
All artichokes commercially grown in the United States are grown in California. Castroville, California claims to be the "Artichoke Capital of the World."

## NUTRITION FACTS

- Fat free
- Cholesterol free
- High in sodium
- High in fiber
- High in vitamin C

## VARIETIES

There are more than 140 artichoke varieties. The most popular varieties in the United States are: Green Globe, Desert Globe, Big Heart and Imperial Star. Artichokes can range in size from small artichokes—2 or 3 ounces each—to jumbo artichokes which can weigh as much as 20 ounces each.



## USES

Artichokes can be boiled, steamed, microwaved or sautéed. They can be eaten whole or added to other dishes. Small artichokes are good for pickling, stews and casseroles; medium size are good for salads; and large size are good for stuffing.

Some artichokes are grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov).

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

