



Artichokes





Artichokes

SHOPPER'S TIPS

- Look for artichokes that are heavy for their size with tightly closed leaves. Fresh artichokes make a squeaking sound when squeezed.
- Avoid artichokes that look dried out, have brown spots, or have floppy outer leaves.

FUN FACTS!

- Artichoke is the official vegetable of Monterey County.
- The part of the artichoke that you eat is actually the plant's closed flower bud. If the bud blossoms, its flowers are a bright purple color.

WHAT IS IN IT FOR YOU?

One medium artichoke is:

- An excellent source of fiber, vitamin K, and folate.
- A source of vitamin C, magnesium, and potassium.

SERVING IDEAS

- Cut one inch off the top of four medium artichokes. Place artichokes "stem up" in a deep, microwave-safe dish with an inch of low-sodium chicken broth and cover the dish with plastic wrap. Microwave on high for 7-10 minutes. Eat the meat off the leaves, stem, and heart plain or dip in lemon juice for a light dish.
- Remove the fuzzy choke from cooked artichokes and stuff with a mixture of whole wheat bread crumbs, garlic, chopped onions, parmesan cheese, and a little oregano for a hearty meal.

PEAK SEASON

California grown varieties, available from late winter to late spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Cut a thin slice off of the stem and sprinkle the leaves with water. Place the artichokes in a plastic bag and store in the refrigerator for up to one week.