



ARTICHOKE



Artichokes are vegetables that grow in two different varieties; the Globe Artichoke and the Jerusalem artichoke.

NUTRITIONAL INFORMATION

- Artichokes are high in antioxidants which allow your immune system to function properly.
- Artichokes are high in fiber! This aids in healthy digestion.
- Artichokes are a low-fat food. This will aid in healthy cholesterol levels which decreases risk of heart disease.

HOW TO STORE

- It is best to store artichokes in the refrigerator. This will keep the vegetable fresh for longer.
- After artichokes are cooked, you may freeze them for six to 8 months

HOW TO PREPARE

- Rinse artichoke before preparing.
- Remove the stem, trim sharp tips, and remove core.
- Artichokes may be eaten raw but this is not the most common preparation technique used.

FUN FACTS

- Artichokes are flower buds that have not bloomed.
- Spain, France, and Italy have the most abundant artichoke crops in the world.



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