

ARTICHOKES

→ FACTS



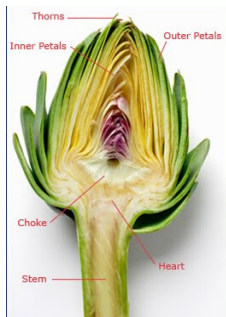
- The artichoke is an unbloomed flower, part of the sunflower family, from the Mediterranean and the Canary Islands.
- California produces 100% of the United States artichoke crop, with Castroville, California calling itself the "Artichoke Center of the World."
- "Italy is the world's biggest artichoke producer."
- Artichoke leaves can be ground up and made into tea. This is very popular in Vietnam.
- Artichokes are an excellent source of fiber, vitamin C, folate, magnesium.
- Artichoke cannot be consumed raw.
- Artichokes can be fried, grilled, baked, cooked and used for the preparation of stews, soups, salads, sauces and casseroles.
- Artichokes are one of the oldest foods known to humans.
- Artichokes were introduced to England by the Dutch in the 1500s and were brought to the United States in the 19th century by French and Spanish immigrants.
- If allowed to flower, blossoms measure up to seven inches in diameter and are a violet-blue color.
- Artichoke Hearts are baby artichokes with tender leaves that are picked before the prickly inner 'choke' has developed.

→ HOW IT GROWS



- Artichokes are the flower bud of a thistle plant.
- The artichoke plant can grow up to 2 meters (6.6 feet) in height with leaves up to 80 centimeters (31 inches) long.
- Artichoke plants feature deeply toothed large leaves that grow up to one meter (3 feet) long and that die each year after flowers are formed.
- Production actually happens year-round, but peak harvest season occurs between March and May.
- Artichokes thrive in frost-free areas with cool, foggy summers.
- A plant produces about 15 to 20 artichokes a year.

→ ACTIVITIES



- Research more information at <https://freshforkids.com.au/vegetables/artichoke.html> and make your own book about artichokes.
- Watch a quick video on artichokes on YouTube (with your parent)
- Explore the parts of an artichoke. Using a fresh artichoke, carefully peel it apart until you reveal its core.
- Create an acrostic poem by thinking of a describing word for each letter in the word "ARTICHOKE"



ROASTED ARTICHOKES

Recipe from <https://www.gimmesomeoven.com/amazing-roasted-artichokes/>

Ingredients:

- 3 fresh artichokes
- 2 large fresh lemons, juiced
- 2 tablespoons olive oil (or melted butter)
- 6 cloves garlic, peeled and roughly-chopped
- fresh rosemary (plus additional fresh thyme, oregano, or sage, if you'd like)
- Coarse sea salt and freshly-cracked black pepper

Directions:

- Heat oven to 400°F. Use a knife to slice off the bottom 1/2-inch (or more, if you'd like) of the artichoke stems, and the top 1 inch of the artichoke globes (the leaves on top). Remove and discard any small leaves toward the bottoms of the stems. Rinse the artichokes with water.
- Slice the artichokes in half vertically. Use a spoon to scoop out the fuzzy "choke" in the middle of the artichoke. Then use kitchen shears to trim about 1/4-inch off the pointy tips of each of the artichoke leaves (so that they don't poke you when you eat them). Rub a lemon wedge all over the entire surface of each artichoke half, to prevent browning.
- Place the artichoke halves in a baking dish or on a baking sheet cut-side-up. Brush the cut sides of the artichokes evenly with the olive oil. Then fill the cavities evenly with the garlic, followed by a few small sprigs of the fresh herbs. Season with salt and pepper.
- Flip the artichokes over, using the herbs to help hold in the garlic, so that they are cut-side-down. Brush the tops of the artichokes with oil, and season with salt and pepper.
- Bake uncovered for 15 minutes. Then remove and cover the pan with aluminum foil, and bake for an additional 25-35 minutes, or until the artichokes are tender and the leaves pull off easily.
- Place the tray on a cooling rack. Carefully remove, discard the herbs (or stir them into your dipping sauce for extra flavor), and drizzle the artichokes with extra lemon juice.
- Serve the roasted artichokes warm with your desired dipping sauce.

