

ARTICHOKE

The artichoke is an oversized flower bud that has not yet bloomed. California produces 100% of the artichoke crop in the U.S., but Italy is the world's largest artichoke producer.

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spoonfuls
a food rescue



BEST COOKING METHODS

- STEAM
- MICROWAVE
- BOIL
- BAKE

RECIPE IDEAS

- STUFFED
- STEAMED WITH DIPPING SAUCE
- PIZZA TOPPING

STORAGE

- Uncut or whole, bagged and refrigerated
- Do not wash until ready to use
- Can be frozen whole for later use, place in refrigerator 24 hours before use

NUTRITION

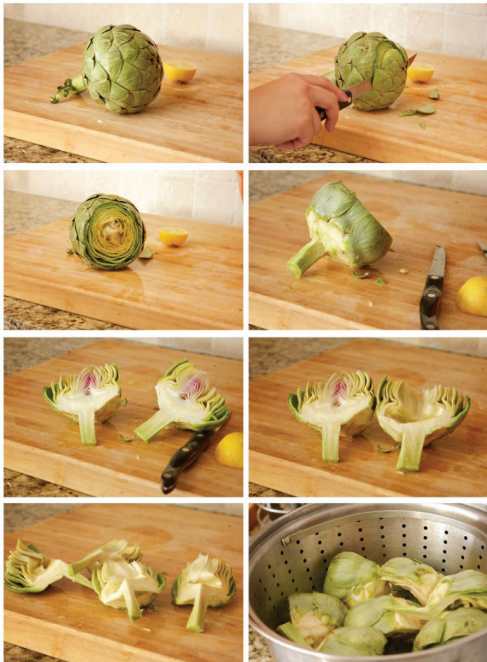
- High in folic acid
- Good source of antioxidants, fiber, vitamins C and K, and magnesium

TIPS

- Rinse artichoke, trim the top about 1 inch, and the stem about 1/4 inch, the stem is a continuation of the heart so don't trim too much!
- Rub trimmed portions with lemon to prevent browning.
- Gently pull out leaves for even cooking.

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STEAMED ARTICHOKE

- 1 lemon, halved
- 4 large artichokes
- 1 head of garlic, cut in half

ADD LEMON AND GARLIC TO A POT. FILL THE POT WITH WATER UNTIL IT JUST MEETS THE BOTTOM OF THE STEAMER BASKET. PLACE OVER MEDIUM HEAT, LET SIT. TO PREPARE THE ARTICHOKE, FIRST CUT HALF AN INCH OFF THE TOP OF THE ARTICHOKE. PEEL OFF THE TOUGH BOTTOM LEAVES. RUB CUT AREAS WITH LEMON. CUT THE ARTICHOKE IN HALF, AND REMOVE PURPLE “CHOKE” FROM THE CENTER. CUT INTO QUARTERS, THEN ADD TO STEAMER BASKET, SIMMER FOR 30-40 MINUTES.