

Artichoke



The artichoke is actually a large 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. They may take a little work, but artichokes are full of nutrients and fiber, and are a uniquely delicious treat.

Storage

Store in a plastic bag in the fridge. Do not cut or wash until ready to use. Once cut, toss or rub with lemon to prevent browning. Trim off tops of leaves and bottom of stem: heart, stems, and base of leaves are all edible.

Cooking

Best steamed, boiled, or baked. You can also microwave cook them! Whole raw artichokes can be frozen up to 3 months. Cut and cooked artichoke can also be frozen 1-2 months.



Steamed Artichoke

lovin'
spoonfuls
a food rescue



Ingredients:

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

Directions:

1. Place steamer basket in a pot and spread lemon & garlic in the basket. Fill with water up to the bottom of the steamer basket.
2. Place over medium heat and let come to a simmer.
3. Meanwhile, prepare the artichokes: cut half an inch off the top of the artichoke, then peel off the tough bottom leaves. Rub cut areas with lemon. Cut the artichoke in half, and trim the purple & white “choke” fibers from the center with a small knife.
4. Cut artichoke into quarters, then add to steamer basket.
5. Cover and simmer for 30-40 minutes, until tender.
6. Serve with butter and lemon, toss into pasta, or top a pizza!

