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## Selection

Artichokes can range in size from small (2 or 3 inches each) to jumbo, which can weigh as much as 20 ounces each.

When picking artichokes, they should be firm, compact, heavy for their size and have an even green color.



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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Keep artichokes in the vegetable drawer or in a plastic bag to prevent it from drying out.
- ◆ Before cutting, cooking, or eating, wash vegetables under running water.
- ◆ Remove any dried or tough lower “leaves” of the artichoke.
- ◆ Refrigerate vegetables in perforated plastic bags.

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## Why Buy Local?

- ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles!
- ◆ When you spend money locally, it helps to keep small businesses open and builds your community.
- ◆ Local food tastes good!
- ◆ Fresh fruits and vegetables are more nutritious and can contain more vitamins and minerals than processed foods.



### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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# Veggie Bites



## Artichoke Alcachofa

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## Uses

Artichokes can be eaten whole or added to other dishes. Artichokes can be boiled, steamed, microwaved, or sautéed.

Small artichokes are good for pickling, stews and casseroles.; medium sized artichokes are good for salads; and large sized artichokes are good for stuffing or sautéing.



Spring Vegetable Soup

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## Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Less than 40 calories each
- ◆ Good source of Folic acid
- ◆ Good source of Magnesium, Iron and Potassium

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## Try It!

### Cream of Artichoke Soup

#### INGREDIENTS

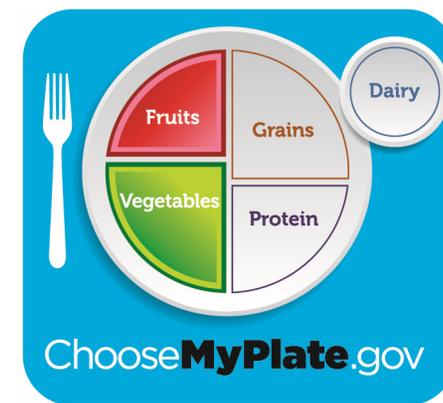
1 Tbsp.	Extra virgin olive oil
1/4	Red cabbage, finely shredded (about 2 cups)
2	Medium tomatoes, seeded and chopped
1/2 cup	Canned or fresh artichoke hearts, drained and chopped
1 cup	Green peas, frozen or fresh
2 1/2 cups	Low-sodium tomato juice
1 cup	Water
2 tsp.	Dried basil
	Salt and Pepper to taste

#### INSTRUCTIONS

1. In large soup pot, heat oil over medium heat. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
3. Serve in individual serving bowls. Season to taste with salt and pepper.

Yield: 4 servings

Recipe Source: [www.recipefinder.nal.usda.gov/](http://www.recipefinder.nal.usda.gov/)



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## History & Fun Facts

The artichoke was known to both the Greeks and the Romans. Wealthy Romans enjoyed artichokes in honey and vinegar, seasoned with cumin. It was not until the early 20th Century that artichokes were grown in the United States.

There are more than 140 artichoke varieties. The “heart” of the artichoke is the most sought-after part.