

SPOTLIGHT ON PRODUCE

WHAT AM I?

An artichoke is the bud of a plant from the thistle family. The bud contains a heart (the meaty part of the plant) and is topped by a fuzzy center which is surrounded by rows of petals that protect the artichoke heart.

HOW DO I GROW?

Artichoke plants can grow on stalks up to 3 feet tall. We eat the artichoke flower bud.

NUTRITION FACTS

This vegetable is a great source of vitamin C, fiber and antioxidants. The nutrition comes from the meaty part of the plant.

FUN FACT

Artichokes must be picked by hand. Each plant only produces artichokes for 5 - 10 years.

ARTICHOKE

