

Artichoke

Look:

The bud of an artichoke contains the heart which is the meaty core and is topped by a fuzzy center which is surrounded by rows of petals for protection.

Taste:

Artichokes have a slightly nutty, sweet, and subtly bitter taste when eaten raw.

Touch:

Artichoke leaves might squeak when squeezed due to the moisture in them. They are smooth and come to a point that can be a bit prickly.



Artichoke is the bud of a plant from the thistle family. If not harvested, the bud blossoms into a blue-violet flower that is not edible.

Did you know?

Artichokes can range from 2-3 ounces to weighing as much as 20 ounces!



Health Benefits

High Fiber
Low Calorie

Antioxidants
contributing
to heart
health

Magnesium
Potassium
iron
Vitamin C
Vitamin K