Artichoke

What am I?

Artichokes are a vegetable that have been grown for many years. Their flesh, leaves, and skin are all edible. They are native to the Mediterranean so you may find them in many Mediterranean dishes.

How do I grow?

- Artichokes do not like cold weather, so they are not grown in Wisconsin.
- California produces many artichokes.
- Artichoke plants can grow up to 3 feet tall on tall stalks.
- We eat the artichoke flower bud.

Nutrition Facts

Artichokes are a great source of vitamin C, fiber, and antioxidants. You can get this nutrition by pulling off the leaves of an artichoke and scrapping the meaty part off with your teeth.

Fun Facts

- Artichokes must be picked by hand.
- Artichoke plants only produce artichokes for 5-10 years.
- You can eat artichokes steamed, boiled, grilled, roasted, or sauteed.

WISCONSIN DEPARTMENT OF
Public Instruction
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