



Fun Food Facts

Artichoke

AN ARTICHOKE IS PART OF THE SUNFLOWER FAMILY AND IS AN UNBLOOMED FLOWER. IF LEFT TO MATURE, THEY WILL BLOSSOM INTO BRIGHT PURPLE FLOWERS.

ARTICHOKEs ARE ONE OF THE OLDEST FOODS KNOWN TO HUMANS

NEARLY ALL ARTICHOKEs GROWN COMMERCIALLy IN THE U.S. ARE GROWN IN CALIFORNIA.

ARTICHOKEs RANK NUMBER 1 IN ANTI-INFLAMMATORY ANTIOXIDANTS

**DID YOU KNOW?
ONE ARTICHOKE PLANT PRODUCES UP TO 20
ARTICHOKEs PER YEAR!**

Bon Appetit!

