

Artichoke Alcachofa



Try It!



SPRING VEGETABLE SOUP

Ingredients

- 1 tablespoon extra virgin olive oil
- 1/4 red cabbage (medium head, about 2 cups, finely shredded)
- 2 ripe tomatoes (medium, seeded and chopped)
- 1/2 cup canned artichoke hearts (drained and chopped)
- 1 cup green peas (frozen or fresh)
- 1 1/2 cups vegetable juice (low-sodium)
- 1 cup water
- 2 teaspoons dried basil
- Salt and pepper (freshly ground black pepper, optional, to taste)

Instructions

1. In large soup pot, heat oil over medium heat. Sauté 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.

Selection

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

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

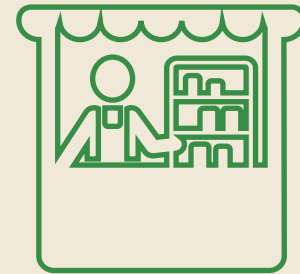
Uses

Apples can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. Bake in cakes, pies and cookies. Other popular ways to enjoy are as applesauce or 100% juice.

History & Fun Facts

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

There are more than 140 artichoke varieties. The most popular varieties in the U.S. are: green Globe, Desert Globe, Big Heart, and Imperial Star.



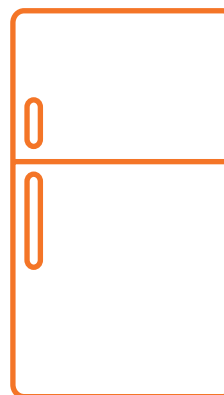
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Wash fruits and vegetables under running water just before eating, cutting, or cooking.
- Know which fruits ripen after they are picked.
- Refrigerate fruits and vegetables in perforated plastic bags.



NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol free
- _____ High in sodium
- _____ Good source of Vitamin C
- _____ Good source of fiber



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FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; <https://whatscooking.fns.usda.gov>

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