



# ARTICHOKES

## INTRODUCTION

There are two well-known varieties. Jerusalem and globe artichokes which are really quite different vegetables in terms of appearance, texture and preparation, although there are subtle taste similarities - hence the similar naming.

Jerusalem artichokes are tuber vegetables which look a little bit like knobby potatoes. They are thought to be native of North America and were eaten and probably first cultivated by South American Indians. They are a species of sunflower.

Globe artichokes have always been considered a delicacy. They have been grown in Southern Europe for many centuries. The part that is eaten is the immature flower bud before the flower appears while it consists of overlapping green/purple scales.

## WHAT TO LOOK FOR

Jerusalem artichokes: firm pale brown tubers are best.

Globe artichokes: they should have a good fresh colour, have tightly closed leaves, and feel solid, not loose.

## HOW TO KEEP

Jerusalem artichokes: Store at 0°C with a relative humidity of 90-100%. Globe artichokes: Store at 0°C and 90-100% relative humidity. Globe artichokes are ethylene sensitive which means they should be stored separately from ethylene producing products.

Consumer storage: Jerusalem artichokes: put in the fridge in plastic bags and they should keep for two or three weeks. Globe artichokes: put in the fridge in a vented plastic bag. They damage easily so handle them with care. Best eaten within 2-3 days.

## NUTRITIONAL VALUE

Jerusalem artichokes: A good source of fibre and give you some B group vitamins.

Globe artichokes: They supply some B group vitamins, vitamin C and fibre.

## HOW TO PREPARE

Jerusalem artichokes: Scrub them to remove the soil. Peeling is optional. Globe artichokes: Remove the stalk, trim the base, tough outer leaves and tips of the remaining leaves. Remove the inedible choke, except on small, young artichokes. The choke is the furry flower part sitting on top of the heart. The heart is the firm base plate and is the best eating. This choke may be removed before or after cooking, depending on how you are using the artichoke.

## WAYS TO EAT THIS VEGETABLE

Jerusalem artichokes: These may be roasted, boiled, steamed or microwaved. Finely chopped artichoke is tasty added to soups or stir-fries, or mashed together with potatoes, carrots or turnips. Globe artichokes: Steam, boil or microwave adding lemon juice to the cooking water to prevent browning. Test if cooked by pulling one of the outer leaves, if it comes away readily it is cooked. Steaming and boiling will take about 30-40 minutes, microwaving about 7-8 minutes per artichoke. Serve cooked artichokes with melted butter, hollandaise or a vinaigrette sauce. They can also be stuffed, fried, baked, used in salads and eaten hot or cold. They are most commonly eaten as an entree or side dish.

## **TIPS FOR RETAILING**

Globe artichokes: Refrigerate display if possible. Trim stems to make product more attractive. The unusual appearance of artichokes may scare away uninformed customers. Experiment with them so you can give first hand advice on preparation and recipes.