

SDSU

Extension



In season:



Summer

Artichoke

Lakota: p̄haŋǵí

Pick it!

Should be firm, compact, heavy with even bright green color, no black bruises or purple tint.

Small artichokes: best pickled, stewed, in casseroles; medium artichokes: good for salads; large artichokes: stuffing.

Storage: cut off bottom of stem, sprinkle with water, in airtight bag 5-7 days.



Try it!

Use boiled, steamed, microwaved or sautéed – on own or in other dishes.

Rinse well and trim stem even with the base of bud; remove tough leaves.

Cook upright at a strong boil in 2-3 inches water in large covered saucepan 35-45 minutes.

Eat by removing the leaves, starting at the outside, and use teeth to remove flesh from leaves.

Inside the leaves is the fuzzy choke – remove and discard it.



Types of Artichoke

Globe: common in supermarkets, consists of bracts (leaves), heart, and choke (not edible)

Purple Sicilian: Purple tinted globe, found only in produce markets, more cold and heat tolerant



Did you know...

Vitamin K is known as the clotting vitamin, without it blood would not clot. Vitamin K also found in green leafy vegetables and vegetables like Brussels sprouts.

Like it!

Artichoke and Spinach Lasagna

Ingredients

- 9 lasagna noodles
- 1 onion, chopped
- 1 tsp garlic powder
- 14.5 oz. vegetable broth
- 1 tsp dried rosemary
- 10 oz frozen chopped spinach, thaw, drain, squeeze dry
- 28 oz tomato pasta sauce
- 3 C shredded cheese
- 14 oz artichoke hearts, drained, chopped

Directions

Heat oven 350 degrees F. Spray baking dish. Boil 6 quarts water. Add noodles, cook 8 minutes, drain. Heat skillet on medium; add onion; cook 3 minutes. Add broth and herbs. Bring to boil. Add vegetables; reduce heat, simmer 5 minutes. Add sauce. Spread 1/4 mix in baking dish; top with 3 cooked noodles. Add 1 C cheese. Repeat twice. Cover, bake 40 minutes. Uncover, bake 15 minutes.

Yields 9 servings.

Nutrition Facts per Serving:
Calories 250; Fat 6g; Cholesterol 20mg; Sodium 870mg;
Carbohydrates 33g; Fiber 2g; Sugars 4g; Protein 18g

Sources: <http://sci.rutgers.edu/forum/showthread.php?t=132435>

Spring Vegetable Soup

Ingredients

- 1 Tbsp. extra virgin olive oil
- ¼ red cabbage, medium head, about 2 cups, finely shredded
- 2 ripe tomatoes, medium seeded, chopped
- ½ cup canned artichoke hearts, drained and chopped
- 1-cup green peas, frozen or fresh
- 2½-cup vegetable juice, low-sodium
- 1-cup water
- 1-tsp dried basil
- Salt and pepper, optional, to taste

Directions

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.

Makes 4 servings

Nutrition Facts per Serving:
Calories 34; Fat n/a; Cholesterol 0mg; Sodium 18mg;
Carbohydrates 5g; Fiber 2g; Sugars 3g; Protein 1g

Sources: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spring-vegetable-soup>

Lakota word translate by Jeshua Estes

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