



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer

Artichoke

Lakota: p̃haŋǵí

Preschool Lesson Plan

Objectives

Participants will

- identify artichoke as a vegetable from MyPlate
- increase knowledge in selecting, storing and the nutrition in artichokes
- demonstrate use of artichoke in a recipe

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Visuals of artichokes
- Fresh artichoke
- 1 cup and ½ cup measuring cup
- Jar of artichoke hearts

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe Choices

- Artichoke and Spinach Lasagna

Cooking and Food Safety Skill Sheets

- Handwashing
- Knife Safety and Cutting Boards
- Oven Use and Safety

Other Cooking and Food Safety Skills

- What to do with leftovers
- How to follow a recipe

Supplies for Artichoke Lesson

- Artichoke and Spinach Lasagna
 - » Knife
 - » Cutting board
 - » Measuring spoons
 - » Measuring cups
 - » Large pot
 - » 9 x 13 baking pan
 - » Skillet with lid
 - » Spoon
 - » Foil

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> • Most of that we see in the grocery store are grown in California. • It is part of the thistle family. • This vegetable is a flower that hasn't bloomed. <p>(Answer: Artichoke.)</p>	<ul style="list-style-type: none"> • Name off each clue; allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of an artichoke.
<p>An artichoke is a funny looking vegetable. It is a member of the thistle family. Have any of you ever seen a thistle? The artichoke that we see in the grocery store is called a Globe Artichoke.</p>	<ul style="list-style-type: none"> • Show a visual or actual artichoke.
<p>How many of you have seen this before? MyPlate shows us how to eat healthier by dividing a "plate" into parts and using different colors and sizes for each of the food groups. Orange is for grain foods, Purple is for protein foods, Green is for vegetables, Red is for fruits and the round, Blue part by the plate is for dairy foods, like milk.</p> <p>Can you see that half of the plate is fruits and vegetables? That is what our plate should look like on most days – half full of fruits and vegetables.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster. • Show the different parts and colors. • Point out that half of the MyPlate is fruits and vegetables.
<p>Do you remember what food group we said artichokes come from?</p> <p>(Answer: Vegetable – the green part on MyPlate.)</p> <p>Can anyone name some other vegetables?</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Allow student time to share. Tell them that these vegetables are also from the green section on MyPlate.
<p>Kids in preschool, like you, should be eating 1 cup of vegetables each day. Kids in kindergarten should be eating 1 ½ cups of vegetables a day.</p>	<ul style="list-style-type: none"> • Show preschool children a 1 cup measure. Show kindergarteners a 1 cup measure and a ½ cup measure. • Explain that this is how much 1 cup and 1 ½ cup are.
<p>Artichokes grow on tall plants. One plant can produce 6-9 artichoke heads or buds. The head or bud is the part that is eaten.</p> <p>The head has leaves on it which are called bracts. The bottom part of the bract is the part of the leaf that can be eaten.</p> <p>The artichoke also has a part that is called the heart. It is at the base of the head. This is the part that most people like to eat.</p>	<ul style="list-style-type: none"> • Show a visual or an actual artichoke head and point out the bracts and the area that is called the heart.
<p>Vegetables come from different parts of a plant. They can be a root, stem, leaf, fruit, flower or seed. Do you remember from the clues what part of the plant an artichoke is?</p> <p>(Answer: Flower.)</p>	<ul style="list-style-type: none"> • Show the Parts of a Plant visual. • Point to the flower. • Show the visual of the artichoke again explaining that it is the flower of a plant.

What You Say:	What You Do:
<p>Have you ever eaten an artichoke before? How did you eat it?</p> <p>Artichokes can be boiled, steamed or made in the microwave. They can be eaten by themselves or used in recipes. Maybe you have tasted a dip made with spinach and artichokes. Maybe you have tried artichoke hearts from the grocery store that are in a jar or can.</p>	<ul style="list-style-type: none"> • Allow students to tell if they have ever eaten an artichoke. • If possible, show a jar of artichoke hearts.
<p>If you were going to buy an artichoke at the grocery store, you want to look for some that have tightly closed leaves. They should be bright green. They should feel heavy when you lift them.</p> <p>When we get an artichoke home from the store, where should we put it? (Answer: In the refrigerator.)</p>	<ul style="list-style-type: none"> • Point out the color and tight leaves of an artichoke.
<p>What should we do to a fresh artichoke before we cook it? (Answer: Wash it.)</p> <p>How should it be washed? (Answer: Rinse with cool running water.)</p>	<ul style="list-style-type: none"> • If possible, show how to wash an artichoke.
<p>Do you know why we would want to eat artichokes?</p> <p>Artichokes are a vegetable that have lots of fiber. Fiber helps to keep our digestive system healthy. Artichokes also have vitamin C in them. Vitamin C helps our cuts and bruises to heal.</p>	
<p>Are you ready to taste something made from artichokes?</p> <p>What is the first thing we need to do before making or eating food? (Answer: Wash hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Use this page if you are going to prepare Artichoke and Spinach Lasagna

Equipment List

- Knife
- Cutting board
- Measuring spoons
- Measuring cups
- Large pot
- 9 x 13 baking pan
- Skillet with lid
- Spoon
- Foil

What You Say:	What You Do:
<p>Today we are going to be making Artichoke and Spinach Lasagna.</p> <p>Let's read the recipe to make sure we have what we need and to see how we are going to make the lasagna.</p>	<ul style="list-style-type: none"> • Read the recipe to the students. • Show the ingredients to the students as they are read from the recipe.
<p>We are going to start the oven first so it is hot when we have the lasagna put together.</p>	<ul style="list-style-type: none"> • Review Oven Use and Safety skill sheet.
<p>Using a knife and cutting board, we are going to chop the onion into pieces.</p> <p>What are some things we need to remember when we use a sharp knife?</p> <p>(Answer: Ask permission or have an adult help us, cut away from our body, use a cutting board to cut on, keep our fingers out of the way of a sharp knife, keep the knife away from the edge of the table or counter, if a knife falls – do not try to catch it.)</p>	<ul style="list-style-type: none"> • Review Knife Safety and Cutting Boards skill sheet.
<p>We are going to put water in a large pot and put it on the burner on the stove. We will turn the heat on and let the water boil.</p> <p>Does anyone know what "boil" means?</p> <p>(Answer: Heat until it bubbles.)</p> <p>After it boils, we are going to carefully put the lasagna noodles in the water and let them cook until they are soft.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>The onion will cook first in the skillet and then all of the other ingredients will be added, except for the cheese.</p>	<ul style="list-style-type: none"> • Carefully do this step.
<p>The recipe says that we should spray the pan before we put the lasagna ingredients in it.</p> <p>Why should we spray the pan?</p> <p>(Answer: So the lasagna does not stick to the pan and to make it easier to get it out.)</p>	<ul style="list-style-type: none"> • Demonstrate spraying the pan. • Call on someone who would like to answer.
<p>Next we are going to layer the ingredients like the recipe tells us in the directions.</p>	<ul style="list-style-type: none"> • Read the recipe directions as the lasagna is layered.
<p>We are going to put the lasagna in the hot oven and let it bake.</p> <p>How could we make sure that we bake it for the right amount of time?</p> <p>(Possible answers: Set the timer on the stove, set a regular timer, set a timer on a phone, look at the clock and add the minutes to see when it has baked long enough.)</p>	<ul style="list-style-type: none"> • Call on students who would like to answer.
<p>After eating the lasagna, we may have leftovers. What should we do with the leftover lasagna?</p> <p>(Answer: Put it in a covered container and put it in the refrigerator.)</p>	

Visuals



Artichoke growing on the plant



Picked artichoke



Photo by Dwight Burdette - Own work, CC BY 3.0

Canned marinated artichoke hearts



Photo by tedd4u

Artichoke cut in half



Steamed artichoke

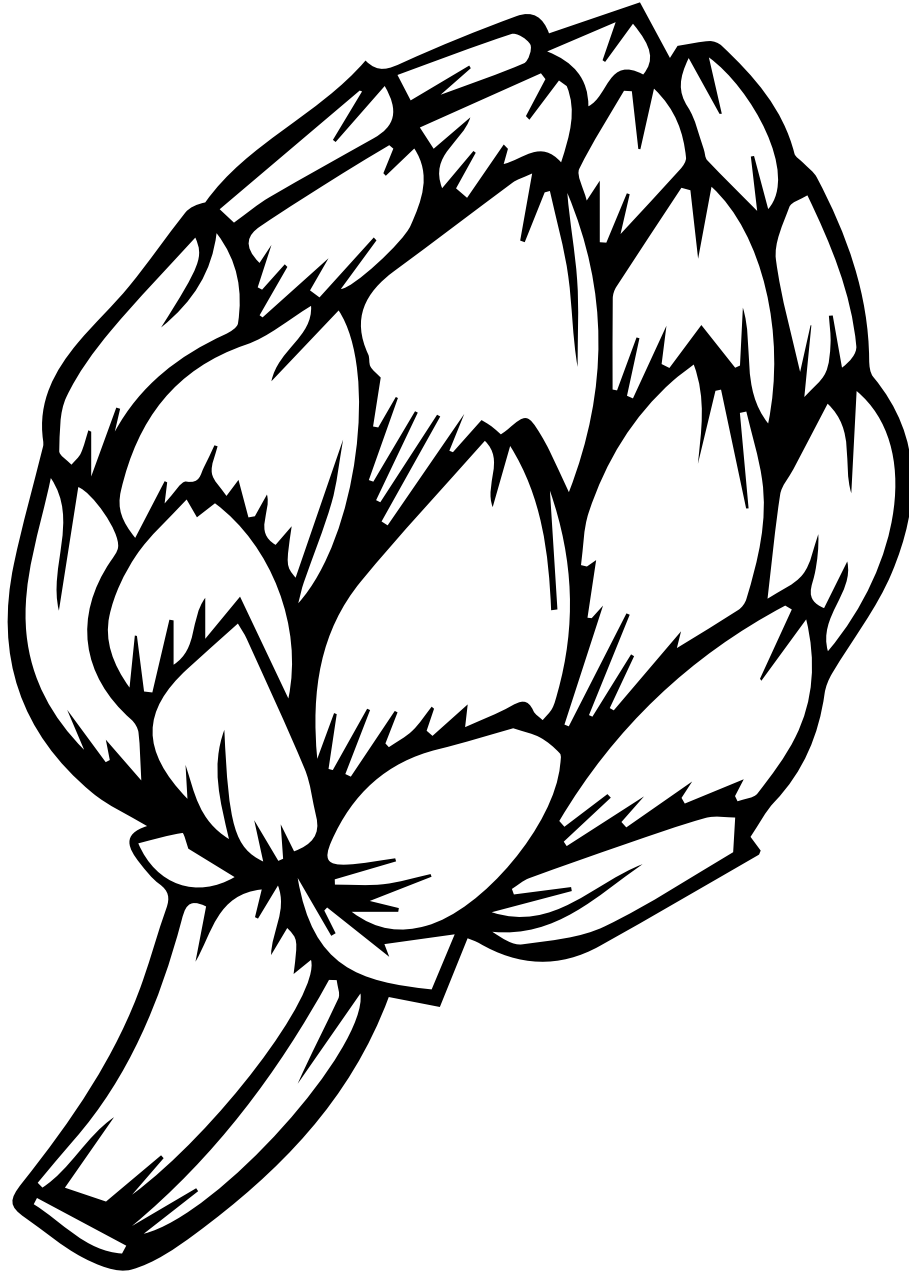
Artichoke Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Artichoke, cooked	1 med., 120 g	60	6.5	0%	12	425	61
Artichoke hearts, canned	½ cup, 84 g	42	4.5	0%	8	297	43
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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ARTICHOKE



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Artichoke Sources

Recipe

- canr.msu.edu/news/10_ways_to_cook_an_artichoke
- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spring-vegetable-soup

Clues

- mobile-cuisine.com/did-you-know/artichoke-fun-facts/

Information

- canr.msu.edu/news/10_ways_to_cook_an_artichoke
- extension.illinois.edu/
- fruitsandveggies.org/fruits-and-veggies/artichoke/
- agrilifeextension.tamu.edu/programs/aggie-horticulture/

Cooking Terms

- eatgathergo.org/eat/cooking/cooking-basics-tips/

Lakota translation:

- Translated by Jeshua Estes

Photo credits:

- Picked artichoke, commons.wikimedia.org/w/index.php?curid=1782649
- Canned marinated artichoke hearts: By Dwight Burdette - Own work, CC BY 3.0, commons.wikimedia.org/w/index.php?curid=13270464
- Artichoke: Photo by tedd4u, flic.kr/p/rsN1xW

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S-0001-03



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Pick it!

Artichokes should be firm, compact and heavy. They should be a bright green color with no purple tint or black bruises.

Small artichokes are best pickled, stewed or used in casseroles. Medium artichokes are good for salads. Large artichokes are good for stuffing.

To store, cut off bottom of stem, sprinkle with water and store in airtight bag 5-7 days.



Try it!

Can be boiled, steamed, microwaved or sautéed on it's 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 for 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...

Artichokes are high in vitamin K, which is the clotting vitamin. Without it, blood would not clot.

Vitamin K is also found in green leafy vegetables such as spinach, kale, broccoli and brussels sprouts.

Like it!

Artichoke and Spinach Lasagna

Ingredients

- 9 lasagna noodles
- 1 onion, chopped
- 1 teaspoon garlic powder
- 14.5 ounces vegetable broth
- 1 teaspoon dried rosemary
- 10 ounces frozen chopped spinach, thawed, drained and squeezed dry
- 28 ounces tomato pasta sauce
- 3 cups shredded cheese
- 14 ounces artichoke hearts, drained and chopped

Directions

1. Heat the oven to 350 degrees F. Spray a baking dish with non-stick cooking spray.
2. Boil 6 quarts of water. Add noodles and cook for 8 minutes, drain.
3. Heat skillet on medium; add onion; cook 3 minutes. Add broth and herbs and bring to a boil. Add vegetables; reduce heat and simmer for 5 minutes. Add sauce.
4. Spread ¼ of mixture in a baking dish; top with 3 cooked noodles. Add 1 cup cheese. Repeat twice.
5. Cover and bake for 40 minutes. Then, uncover and bake for 15 more 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: sci.rutgers.edu/forum/showthread.php?t=132435

Spring Vegetable Soup

Ingredients

- 1 Tablespoon 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 cups vegetable juice, low-sodium
- 1 cup water
- 1 teaspoon 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.

Yields 4 servings

Nutrition Facts per Serving:

Calories 136; Total Fat 5g; Cholesterol 0mg; Sodium 73 mg; Carbohydrates 20g; Dietary Fiber 6g; Total Sugars 11g; Added Sugars included 0g; Protein 5g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spring-vegetable-soup

Lakota word translated by Jeshua Estes

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