



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer

Artichoke

Lakota: p̄hanǵí

Lesson Plan

Objectives

Participants will

- identify artichokes as a vegetable from MyPlate.
- increase knowledge in the growth, selection, storage and use of artichokes.
- identify the parts of an artichoke.
- demonstrate the use of artichokes in a recipe.

Items Needed for the Lesson

- Visual of an actual artichoke
- Visual of an artichoke plant
- Parts of a Plant visual
- Can or bottle of artichoke hearts

Handouts or Take Home Items

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

Recipe Choices

- Artichoke and Spinach Lasagna
- Spring Vegetable Soup

Cooking and Food Safety Skill Sheets

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

Other Cooking and Food Safety Skills

- Cooking terms: boil and mince

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
- Spring Vegetable Soup
 - » Measuring cups
 - » Liquid measuring cup
 - » Measuring spoons
 - » Knives
 - » Cutting boards
 - » Can opener
 - » Colander
 - » Bowl
 - » Large pot
 - » Grater
 - » Mixing spoon
 - » Ladle

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"> California produces nearly 100% of the U.S. crop. In 1947, Marilyn Monroe was crowned the first queen of this. They shouldn't be cooked in aluminum pots because they cause the pot to turn gray. It 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>The artichoke is a member of the thistle family. It is a nutritious vegetable that is kind of funny looking.</p> <p>The Globe artichoke is the variety that is sold in supermarkets.</p>	<ul style="list-style-type: none"> Show a visual or actual artichoke.
<p>Globe artichokes grow on plants that are 5-6 feet tall with spiny silver leaves that can be 1 ½-3 feet long. The large globe-shaped head or bud is the part that is eaten, although much of it is discarded. A healthy plant can produce 6-9 buds.</p>	<ul style="list-style-type: none"> Show a visual of an artichoke plant pointing out the leaves and buds.
<p>Vegetables come from different parts of the plant. Vegetables are either the root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think an artichoke is?</p> <p>(Answer: Flower.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer. Refer to Parts of a Plant visual.
<p>The artichoke head or bud has leaves which are called bracts. The soft base of the bract is the edible part. The immature base of the head is known as the heart. It 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 to the bracts and the area where the heart is.
<p>When purchasing artichokes at the supermarket, look for firm artichokes with tightly closed leaves. They should be heavy for their size and bright green in color.</p> <p>Pull back one leaf to check for any black coloring on the heart.</p>	<ul style="list-style-type: none"> Point out the color and compactness of an artichoke. Demonstrate how to check the heart for blemishes.
<p>Refrigerate artichokes in a plastic bag for up to one week.</p> <p>Rinse the artichoke well with cool running water. Then trim the stem even with the base of the head. Remove the tough lower leaves.</p>	
<p>Have you eaten an artichoke before?</p> <p>How was it prepared?</p> <p>Artichokes can be boiled, steamed, microwaved or sautéed. They can be cooked alone or in other dishes.</p>	<ul style="list-style-type: none"> Allow discussion.



= for adults or older youth

What You Say:	What You Do:
<p>Whole heads can be prepared by steaming or boiling. To boil, cook upright in 2-3 inches of rapidly boiling water in a large covered saucepan. Boil for 35-45 minutes.</p> <p>The bracts are then pulled off and scraped across your lower teeth to remove the soft artichoke flesh. The bracts can be dipped in sauce or butter first.</p>	<ul style="list-style-type: none"> • Demonstrate how to boil an artichoke head. • Demonstrate how to eat the flesh from the artichoke leaf.
<p>Artichoke hearts are preserved by slicing, pickling and bottling. You can buy bottled artichoke hearts at the supermarket.</p>	<ul style="list-style-type: none"> • Show a bottle of artichoke hearts.
<p>Why would we want to eat artichokes?</p> <p>Artichokes are an excellent source of fiber, which helps to keep our digestive system healthy. They are also a good source of vitamin C, which helps our cuts and bruises to heal and to keep our gums healthy.</p>	
<p>Are you ready to try a recipe using artichokes?</p> <p>What is the first thing we need to do before preparing food?</p> <p>(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:
Today we are going to be making Artichoke and Spinach Lasagna. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> • Pass out the recipes and read aloud with participants.
We will preheat the oven first, so it is ready when we have the lasagna assembled.	<ul style="list-style-type: none"> • Review Oven Use and Safety skill sheet.
Using a knife and cutting board, we are going to chop the onion.	<ul style="list-style-type: none"> • Review Knife Safety and Cutting Boards skill sheet.
The water in a large pot will come to boil and then we will cook the lasagna noodles. What does the cooking term "boil" mean? (Answer: To heat liquid until bubbles break continually on the surface.)	<ul style="list-style-type: none"> • Call on someone who would like to define or describe "boil".
The onion will cook first in the skillet. All other ingredients except the cheese will be added in the recipe order.	<ul style="list-style-type: none"> • Have participants add the ingredients in the order given.
Why should we spray the pan with cooking spray before layering the ingredients? (Answer: So the lasagna does not stick to the pan and to make it easier to serve.)	<ul style="list-style-type: none"> • Call on someone who would like to answer.
Assemble the lasagna according to the directions. Bake.	<ul style="list-style-type: none"> • Have a participant read the assembly directions while other participants do the layering.
If we have leftovers, what should we do with them? (Answer: Put them in a covered container in the refrigerator within 2 hours.)	

Use this page if you are going to prepare Spring Vegetable Soup

Equipment List

- Measuring cups
- Liquid measuring cup
- Measuring spoons
- Knives
- Cutting boards
- Can opener
- Colander
- Bowl
- Large pot
- Grater
- Mixing spoon
- Ladle

What You Say:	What You Do:
Today we are going to be making Spring Vegetable Soup. Let's read the recipe together before we begin.	<ul style="list-style-type: none"> • Pass out the recipes and read aloud with participants.
After reading the recipe, what do you think makes this recipe healthy? (Answer: It uses a variety of vegetables and is low in sodium.)	<ul style="list-style-type: none"> • Call on someone who would like to answer.
We need to wash all produce before we use it.	<ul style="list-style-type: none"> • Go over Washing Fruits and Vegetables skill sheet.
We will be shredding cabbage. What does shredding mean? (Answer: To make it into small thin strips.) You can shred cabbage using the large shredding holes on a grater or you can use a knife and cutting board and make thin slices along the side of the cabbage.	<ul style="list-style-type: none"> • Call on someone who would like to define or describe shredding. • Demonstrate both shredding techniques. • If using a knife, review Knife Safety and Cutting Boards skill sheet. • Have a participant measure out the cabbage, about 2 cups.
We need to open and drain the artichoke hearts.	<ul style="list-style-type: none"> • Discuss how to use a can opener and safely removing the lid. • Have a participant open and drain the can of artichoke hearts using the colander.
Now we need to chop and measure the tomatoes and the artichoke hearts. We also need to measure out the peas.	<ul style="list-style-type: none"> • Have 2 participants chop the tomatoes and 1 participant chop the artichoke hearts. • Have 1 participant measure out the peas.
We will be sautéing the vegetables in 1 Tablespoon olive oil before we add the liquid. We want to heat the oil before we add the vegetables.	<ul style="list-style-type: none"> • Review Stove Top Safety skill sheet. • Have a participant measure out the oil into the large pot and get it warm over medium heat. Then add the cabbage, tomatoes, artichoke hearts and peas.
We sauté the vegetables for about 10 minutes. When sautéing we want to stir often.	<ul style="list-style-type: none"> • Have a participant sauté the vegetables for 10 minutes.
Now we need to measure and add the liquid.	<ul style="list-style-type: none"> • Have a participant measure the vegetable juice and water, then add it to the pot with the vegetables.
Bring the soup to a boil then reduce the heat and add the basil. We want it to simmer for 10 minutes or until all vegetables are tender and soup is hot. What is a simmer? (Answer: It is a slow boil; the top of the liquid should be moving very little.)	<ul style="list-style-type: none"> • Call on someone who would like to define or describe simmer. • Have a participant bring the soup to a boil then reduce heat and add the basil.
If we have leftovers of the soup, what should we do with them? (Answer: Store in a covered container in the refrigerator within 2 hours.)	<ul style="list-style-type: none"> • Allow participants to answer.

Visuals



Artichoke growing on the plant



Picked artichoke



Canned marinated artichoke hearts



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)

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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In season:



Summer

Artichoke

Lakota: p̃haŋǵí

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 $\frac{1}{4}$ 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
- $\frac{1}{4}$ red cabbage, medium head (about 2 cups) finely shredded
- 2 ripe tomatoes, medium, seeded, chopped
- $\frac{1}{2}$ cup canned artichoke hearts, drained and chopped
- 1 cup green peas, frozen or fresh
- $2\frac{1}{2}$ 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

**Find more recipes
and videos at
extension.sdstate.edu**

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