



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Artichoke

*Lakota: p̣ħaŋǵí*



## Pick it!

Should be firm,  
compact and  
heavy with even,  
bright green  
color.

## Try it!

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

## Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Summer

# Artichoke

**Lakota: p̄haŋǵí**

## 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](https://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](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spring-vegetable-soup)

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# Artichoke

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- Artichokes should be firm, compact and heavy. They should be a bright green color with no purple tint or black bruises.
- To store, cut off bottom of stem, sprinkle with water and store in airtight bag 5-7 days.
- Small artichokes are best pickled, stewed and in casseroles. Medium artichokes are good for salads. Large artichokes are good for stuffing.
- To steam: Rinse, cut stem even to base, remove outer leaves, cook upright in covered saucepan in 2-3 inches of boiling water for 35-45 minutes.
- Eat by removing the leaves, starting at the outside, and use teeth to remove flesh from leaves.
- The artichoke heart will be found after the leaves are removed. Discard the fuzzy choke in the center above the heart.

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- 1 cup green peas, frozen or fresh
- 2½ cup vegetable juice, low-sodium
- 1 cup water
- 1 teaspoon dried basil
- Salt and pepper, optional, to taste

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**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Artichoke

**Lakota: p̄haŋǵí**

## Sampling Display Instructions

### Artichoke and Spinach Lasagna

Ingredients	36 Samples	60 Samples
Samples: 2-3 Tablespoons		
Uncooked lasagna or mini-lasagna noodles	4 noodles (or 4 ounces mini)	9 noodles (or 8 ounces mini)
Onion, chopped	½ cup	1 cup
Garlic powder	½ teaspoon	1 teaspoon
Low-sodium vegetable broth	1 cup	14.5 ounces
Dried rosemary	½ teaspoon	1 teaspoon
Frozen spinach, thawed, drained and squeezed dry	⅔ cup	10 ounce pkg
Tomato pasta sauce	1 ¾ cup (14 ounces)	1 (28 ounces) jar
Shredded mozzarella cheese	1 ½ cup	3 cups
Artichoke hearts, drained, chopped	6 to 7 ounces	1 (14 ounces) can

### Directions:

1. Boil 3 quarts of water in large pot (or 6 quarts for 48 samples). Break noodles into 4 pieces each or use mini-lasagna. Add to pot and cook 8-10 minutes until tender, drain.
2. Coat large skillet with cooking spray and heat on medium-high. Cook onion for 3 minutes.
3. Stir in broth, garlic and rosemary; bring to boil. Stir in artichoke hearts and spinach; reduce heat, cover and simmer 5 minutes. Stir in pasta sauce.
4. Spread a layer of artichoke mixture in bottom of a medium (or large) slow cooker; top with a layer of cooked noodles. Sprinkle on ¼ of mozzarella cheese. Repeat layers 2 or 3 more times. Heat in slow cooker on high for 1 hour.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) [youtube.com/watch?v=kqcTDfoTHq0](https://www.youtube.com/watch?v=kqcTDfoTHq0)



### Notes:

- Prepare Artichoke and Spinach Lasagna. Heat in slow cooker and transport to the store. Keep on warm.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on small plates. Ask parent's permission before children may sample.
- Ask them if they use artichokes often in their meals. Ask them if they could use this recipe.
- Point out that this is a good meatless main dish.
- Lakota word translated by Jeshua Estes.

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## Sampling Display Instructions

### Spring Vegetable Soup

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons			
Extra virgin olive oil	½ Tablespoon	½ Tablespoon + ½ teaspoon	1 Tablespoon
Red cabbage, medium head, finely shredded	⅛ (about 1 cup)	1 ⅓ cup	¼ (about 2 cups)
Tomato, seeded and chopped	1 medium	1 ⅓ cup	2 medium
Artichoke hearts, drained and chopped	¼ cup	¼ cup + 1 Tablespoon + 1 teaspoon	½ cup
Green peas, fresh or frozen	½ cup	¼ cup + 2 Tablespoons + 2 teaspoons	1 cup
Vegetable juice, low sodium	1 ¼ cup	1 ½ cup + 2 Tablespoons + 2 teaspoons	2 ½ cups
Water	½ cup	½ cup + 2 Tablespoons + 2 teaspoons	1 cup
Dried basil	½ teaspoon	½ teaspoon + ⅛ teaspoon	1 teaspoon
Salt and pepper, optional	To taste	To taste	To taste

### Directions:

1. In a large pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add tomato juice and water. Bring to a boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
3. Serve. Season to taste with salt and pepper.

### Materials needed:

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### Notes:

- Prepare Spring Vegetable Soup. Heat in slow cooker and transport to the store. Keep on warm.
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