



Know What You Grow!



Artichoke

Scientific Name: *Cynara scolymus*

Recommended Varieties:

Emerald

Green Globe

Imperial Star (spineless, annual crop)

Artichoke plants can be long lived depending on the variety.

Common Pest(s):

Plume moth, aphids, snails and slugs, curly dwarf virus and botrytis.

Gardening Know How

Source: Master Gardeners Handbook

Growing Information

Cool Season Plant

The globe artichoke is commonly a perennial cool-season vegetable that yields best when grown along the coast.

Ideal Planting Window

Inland Valley - July

Desert - Sept

Growing Guidance

It is possible to grow high-quality artichokes in inland valleys and low desert regions of southern California by handling the crop as a direct-seeded or transplanted annual crop. Recent research at the University of California has shown that seed-initiated artichokes looked and tasted great. Moreover, annual cropping makes growing artichokes feasible in gardens. with limited space because the crop does not require long-term space allocation.

[UC Davis](#)



Interesting Facts

The **artichoke** is an un-bloomed flower, part of the sunflower family, from the Mediterranean and the Canary Islands, if not harvested it will produce a gorgeous 6-inch purple flower that is almost iridescent. The base of the leaf on an artichoke are also edible!

Artichokes are one of the oldest foods known to humans.

According to Greek mythology, the **artichoke** became known through the Greek God Zeus. Zeus spotted a beautiful girl named Cynara, while visiting his brother Poseidon. He instantly fell in love, made her a goddess and took her back to Mount Olympus with him. However, Cynara became lonesome and took secret trips to visit her family. As soon as Zeus discovered these trips, he was angered, kicked Cynara off Mount Olympus and turned her into an artichoke. The scientific name for artichoke—*Cynara cardunculus*—derives from this myth.

[OceanMist](#)

Kids with love this recipe!

[-Artichokes with Ranch Dip](#)

Contact Information



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Nutritional Information

Nutritional Value

Artichokes are low in fat while rich in fiber, vitamins, minerals, and antioxidants. Particularly high in folate and vitamins C and K, they also supply important minerals, such as magnesium, phosphorus, potassium, and iron. To top it off, artichokes rank among the most antioxidant-rich of all vegetables.

[Healthline](#)

Recipe: Creamy Dip



Ingredients:

8 ounces light cream cheese

1 cup spinach

1 jar artichoke hearts

1 clove garlic

1/2 cup yogurt

1/4 cup parmesan cheese

Prepare:

For this dip add all these ingredients to a slow cooker for about three hours, stirring occasionally. Cut your favorite veggies and you're ready to go!

[Super Healthy Kids](#)

Artichoke pictures, Creative Common