

Artichoke



Artichoke contains Vitamin C and B6 and antioxidants. It is a rich source of minerals such as copper, calcium, potassium, iron, manganese and phosphorus.



The seeds are found in the flower after the artichoke bud blooms. They are small and look a little like the inside of sunflower seeds.

Artichokes are locally grown in Hawaii.



The part of the artichoke we eat is the bud. The plant can grow 1.5-3 meters tall. When not eaten, the artichoke blooms into a pink or purple flower.