

DID YOU

KNOW?

MAY IS ARTICHOKE MONTH

FACT #1

Castroville, California is known as the "Artichoke Center of the World." Every year since 1959, Castroville has had an Artichoke Festival to celebrate artichokes and raise money for the surrounding communities.

FACT #2

If you have never eaten a fresh artichoke before it can be confusing to know which parts you can eat. The base of the petals and the bottom, or the heart, of the artichoke are all safe to eat.

FACT #3

Vegetables can provide our bodies fiber. Among the vegetables, artichokes are one of the highest in fiber. Fiber can help us feel fuller for longer.



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2 - 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups



SNACK IDEA

TRY MARINATED ARTICHOKE
WITH YOUR FAVORITE
WHOLE-GRAIN CRACKERS!

