

Artichoke, globe

(*Cynara scolymus*)

Recommended Variety

Green Globe

Imperial Star (spineless, for annual cropping)

Perennial Plantings. The globe artichoke is commonly a perennial, cool-season vegetable that yields and produces best when grown near or along the California coast where cool to mild climates prevail. Castroville, California is known as the "artichoke capital of the world." Perennial plantings are not recommended in areas where warm to hot temperatures are common. Shading and mist irrigation may help vegetative growth, but warm growing conditions tend to toughen bud scales, reduce palatability, and produce poor yields. Frosts damage outer portions of the buds; severe or frequent frosts damage or kill the plants. If correctly cared for, you can maintain production of plants for 5 years or more.

Use rooted offshoots or divisions from mature plants as propagating material; seeds usually produce off-type plants. Plants become better established if you transplant shoots or root divisions in the early fall so that the plants become well-rooted and of reasonable size before temperatures become cool during the winter. Production starts about a year after planting, although some buds usually develop the first spring after early fall plantings.

Once the plant is in normal cycle, bud production starts in the fall. A small number of buds develop during the winter, but cold temperatures limit the amount of plant growth. The edible parts are the immature, scaly flower buds, bracts (leaves), and heart. The buds are said to contain a chemical that makes food eaten after them taste sweet. Mature artichoke flowers are a brilliant sky blue color, but they are not edible.

To harvest, cut the bud together with 2 to 3 inches of stem. This length of stem is usually tender and edible. A mature plant produces ten or more stems during a season; each stem can provide four to five buds.

A recommended cultural procedure is to cut the entire plant down to, or slightly below, soil level after the spring production peak. Then reduce or withhold irrigation for several weeks. This allows for a summer dormancy. Once you resume irrigation, it encourages rapid and vigorous regrowth of leaves and, shortly thereafter, new stems bearing new buds will develop for the fall production period.

Annual Plantings for Inland Valleys and Low Desert Regions. 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. Until recently, it was believed that artichoke buds produced from seed-propagated plants were of inferior quality to those produced by vegetative propagation. 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. Quicker rotation with other vegetables is also possible.

To grow artichokes in warm inland climates, plant seeds or transplants of 'Imperial Star' in July for inland valley locations or in September for low deserts.

Nutritional Value of Artichoke Hearts

Serving size:	1/2 cup, boiled	<u>Primary Nutrients</u>	<u>%RDA(m)</u>	<u>%RDA(f)</u>
Calories	37	Folic acid	37 mcg	19
Fat	0.1 g	Magnesium	33 mg	9.4
Calories from fat	2.4%	Vitamin C	6.0 mg	10
Cholesterol	0	Iron	1 mg	10
Sodium	55 mg			
Protein	1.9 g			
Carbohydrate	8.7 g			
Water	72.2 g			
				<u>% Min Requirement</u>
		Potassium	221 mg	1.1

Problem Diagnosis for Artichokes

What the Problem Looks Like	Probable Cause	Comments
Holes, discoloration on bracts, stems, leaves. Caterpillars may be visible.	Artichoke plume moth	Cut plants down to ground level once/yr. Chop and cover cuttings with 6' of soil. Remove thistle. Sprays of <i>Bacillus thuringiensis</i> and predacious nematodes are effective.
Sticky exudate on chokes Black, sooty mold.	Aphids	
Blackening of choke surfaces. Jagged holes in leaves, stems.	Snails and slugs	
Curled leaves, dwarfed plant Small, misshaped chokes. Reduced yield.	Curly dwarf virus	Remove, destroy infected plants immediately. Use non infected stock for new plants. Remove milk thistle because it's an alternate host.
Grey or brown fungus growth	Botrytis fungus	Common in rainy weather. Remove infected plant parts.