



# ARTICHOKE

**The artichoke, a vegetable plant** with a somewhat hostile appearance resembling a thistle (which it actually is), is a relative of dandelions, daisies, and sunflowers. This perennial plant (except in Quebec, where winters are too harsh) belongs to the Asteraceae family. Patience is a virtue needed to enjoy artichokes; but after separating the wheat from the chaff, the delight of savoring its leaves, heart, and stem is unparalleled!

## Store it as soon as you buy it!

Raw and unwashed, 4-5 days in the fridge wrapped in a damp cloth and in a perforated bag. Once cooked, artichokes oxidize quickly and should be consumed promptly.



## Make reserves!

Mid-May to late December

## ENJOY IT ALL YEAR ROUND!



### Freezing!

Only the heart of the artichoke can be frozen. After blanching it for three minutes in lemon water, cool it, dry it, and place it in an airtight freezer bag. Keeps for 6 to 8 months.



### Dehydration!

Clean the leaves and dry them in the oven or dehydrator at 135°F. To rehydrate, steep the leaves for 5-6 minutes in boiling water.



### Canning!

Canning is recommended only for the hearts. Blanch artichokes for 10 minutes in salted and lemon or vinegar water. Remove the leaves and choke, then place the hearts in a jar. Cover with brine (boiled salted water) with 15g of salt/liter, and add lemon juice or vinegar up to 2 cm from the rim. Seal the jars and pasteurize at 100°C for 1.5 hours for a 500ml jar.



### Lacto-fermentation\*

Like canning, only the hearts are suitable for lacto-fermentation. Mix 30g of salt with a liter of boiled, cooled water. Pack as many hearts as possible into the jar so they don't float.

\*You can take raw artichoke hearts or blanch them for a few minutes. Note that boiling the artichoke hearts will kill some essential lactic acid bacteria necessary for lacto-fermentation; this will make the process slower and less flavorful. Cover completely with the saltwater mixture, leaving 2 cm from the top. Close the jar halfway to let CO2 escape and ferment at room temperature for one week to taste. Refrigerate to slow fermentation