

Roman Artichokes

(*Cynara scolymus* - Var. *romanesco*)



Cultivation Area

In Rome's province, artichokes are grown in the areas of Ladispoli, Allumiere, Cerveteri, Fiumicino, Tolfa and in Rome municipality.

Chemical composition and energetic value

(for every 100 g of fresh, edible product)

Proteins: 2,7 g

Carbohydrates: 2,5 g

Fat: 0,2 g

Fibre: 5,5 g

Potassium: 376 mg

Sodium: 133 mg

Calcium: 86 mg

Phosphorus: 67 mg

Iron: 1 mg

Magnesium: 45 mg

Vitamins: A and C

Cholesterol: 0 mg

Calories 22 kcal

Description

Artichokes belong to the family of the Compositae; they are herbaceous plants which last several years, and have an underground rootstock with buds, from which new sprouts (*carducci*) grow every year.

The edible part is the inflorescence (head), which is picked when it's not ripe, and which grows at the end of the main stalk and its ramifications.

Roman artichokes have a wide, round inflorescence, with bracts and without thorns. Their colour is green, streaked with purple.

The heads are picked in springtime. Artichokes like deep and well drained ground, a mild climate and don't like humidity.



Roman artichokes have been awarded the recognition of quality product, I.G.P.



How can they be used?

They can be cooked in many different ways: fried, boiled, oven-baked, in a saucepan etc. The young and tender heads can be eaten raw, chopped into thin slices.

Typical recipe

Roman artichokes
Jewish-style artichokes

Artichokes are rich in nutritional substances which our organism needs!