



Italy is the largest producer of artichokes in the world with nearly 32% of the total. Italy, Egypt & Spain account for more than 57% of the world's production.

In 1947 Marilyn Monroe, then still going by her given name Norma Jean, was crowned Castroville's first Artichoke Queen.

The United States produces less than 3% of the world's supply. Italy produces almost 12 times as many artichokes as the United States.

Artichokes can also be made into an herbal tea. It affords some of the qualities of the whole vegetable, acting as a diuretic and improving liver function.

The artichoke is technically a flower bud that has not yet bloomed.

One artichoke plant can produce more than 20 artichokes per year.



## Artichoke