

# Why don't you eat a pinecone

**By Joshua Baird**  
Art & Culture Editor

Why would I ever want to eat something that looks like it belongs at the end of a stairrail? The answer is deliciously simple: artichokes are both good for you and taste terrific.

The artichoke, a member of the thistle family, is not a native to American shores; in fact, they originate in parts of Africa. They are now grown in nearly every country in the world as well as cultivated in the United States, primarily in California.

One of the many health benefits is that they are rich in vitamin C, which is a great antioxidant, and fiber, which helps your body to remove waste from your system.

After the artichoke is fully cooked, remove it from the boiling water and drain before placing it on a plate and sprinkling it with a hint of freshly ground pepper.

Gently scrape the meat from the leaf with your front teeth; the leaves are tougher and more fibrous than the meat and are not meant to be eaten.

Once all the leaves are gone you will find the artichoke heart, which is a great-tasting section, though you will want to scrape the choke, or fuzz, off of the heart and throw it away. After all of this hard work, enjoy that tender center with just a hint of that citrus dip.



Photo illustration by Brad Heineke Clackamas

## Recipe

**Ingredients:**  
1 whole artichoke (per person)  
2 limes or lemons  
1/4 ounce of extra virgin olive oil  
Dash of salt and pepper

**Preparation:**  
Begin by cutting off the leaf end by 1/2 - 3/4 inch and snipping off any additional thorns. The artichoke(s) should be placed face down in a steamer rack and sit over boiling water for 30 to 40 minutes

or until a leaf easily pulls from the artichoke and the stem is fork tender. While it is boiling, squeeze the juice from the limes or lemons into a small bowl and mix in the olive oil, salt and pepper.

## Fruit & veggies word search

Z	K	G	G	E	J	R	T	S	R	B	Q	S
B	D	P	R	I	B	D	U	L	C	M	L	T
L	A	B	D	J	C	S	H	C	X	E	V	R
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**SEARCH KEY**

- blueberry
- strawberry
- pear
- plum
- lemon
- grape
- apple
- lime
- artichoke
- pinapple



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