



# Artichoke

#75572 | 24/Cnt

## Overview:

Artichokes are a unique and flavorful vegetable known for their layered leaves and tender heart. With a mild, slightly nutty taste, they bring both texture and a sense of occasion to any dish.

## Background:

Artichokes have deep roots in Mediterranean cuisine, where they've been cultivated and enjoyed for centuries. They were prized by ancient cultures and eventually made their way to the United States, where they became especially popular in California cooking.

## Season & Sourcing:

They grow best in mild, coastal climates, with California leading U.S. production. While they're available year-round in some areas, peak season typically falls in spring, when the buds are most tender and abundant.

## Characteristics:

Artichokes are actually immature flower buds, with tightly packed green leaves surrounding a soft center. As they mature, the leaves loosen and the inner choke develops. The edible portions include the tender base of the leaves and the prized heart at the center.

## Preparation:



Trim the stem and tips, then steam, boil, or roast until tender. Leaves can be pulled and dipped, while the heart can be sliced and used in pastas, salads, or dips. They take a little prep, but the payoff is a rich, satisfying flavor that stands out in both simple and elevated dishes.





## *Mini Watermelon*

#D3316 | 6/Cnt

### Overview:

Mini seedless watermelons pack all the refreshing sweetness of a full-size melon into a smaller, more manageable package. Juicy, crisp, and easy to handle, they're perfect for everyday use without sacrificing that classic summer flavor.

### Background:

Watermelons have been enjoyed for thousands of years, with origins tracing back to Africa. The mini seedless varieties were developed to offer the same great taste in a more convenient size, along with the added bonus of little to no seeds. They've quickly become a favorite for households looking for less prep and less waste.

### Season & Sourcing:

These melons thrive in warm, sunny climates and are widely grown across the southern United States, including states like Texas, Florida, and California. Peak season runs through late spring and summer, though imports help extend availability beyond those months.

### Characteristics:

Mini watermelons typically have a deep green rind with lighter striping and a bright red interior. Their flesh is crisp and juicy with a clean, sweet flavor, and the absence of large seeds makes for an easy eating experience. Their smaller size also helps them chill faster and store more easily.

### Preparation:



Slice into wedges, cubes, or sticks for easy snacking, or scoop into balls for fruit salads and displays. They're perfect for blending into drinks, pairing with herbs like mint, or serving chilled straight from the fridge. Store whole at room temperature, then refrigerate once cut.

