

## GROWING GUIDE FOR ARTICHOKE

<b>Binomial Name:</b>	Cynara cardunculus
<b>Varieties:</b>	Green Globe
<b>Start:</b>	Seed or seedling
<b>Germination:</b>	14 - 21 days, 15°C to 30°C
<b>Seed Life (viability):</b>	3 years
<b>Soil:</b>	Moist, rich, well drained
<b>Sunlight:</b>	Full sun
<b>Sow Seeds:</b>	1cm deep 90 - 120cm apart
<b>Transplant/Thin to:</b>	90 - 120cm apart
<b>Ave. Days to Harvest:</b>	6 - 18 months
<b>Good Companions:</b>	Mint, marigold, nasturtium, corn, coriander, cucumber, tarragon, sunflower, rhubarb
<b>Bad Companions:</b>	Potato

Although the culinary applications of this bulbous vegetable are well known, the Globe Artichoke has enjoyed a long tradition of medicinal use extending back to the early Greek cultures. Even today the healing virtues of the Globe Artichoke remain relatively obscure. The strong bitter qualities of the artichoke leaf are said to enhance digestion by stimulating the release of bile from the liver, potentially providing a safe and natural remedy to elevated serum cholesterol levels.

### Sowing & Growing:

Start indoors 2-3 months before last frost, set out in very rich soil in full sun. Requires full sun, adequate moisture and frequent feeding of compost, manure tea, etc.

Some growers expose their young artichoke seedlings to two weeks of very cool (but not freezing) weather to simulate a winter's chill. This makes the plants more likely to produce artichokes during the first year.

Artichoke grows in clumps and can reach heights of 1.5m or more. The flowering buds will develop throughout the summer and come to maturity in autumn.

### Harvesting:

Leaves can be harvested any time during growing season, just be careful not to over-harvest. Flowering buds can be collected late in the season, before they begin to open and when they have reached their maximum size.

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