



CARDOON

CYNARA CARDUCULUS

THIS STATELY PLANT IS A CLOSE RELATIVE OF THE ARTICHOKE, BUT UNLIKE THE ARTICHOKE (WHICH CAN BE MINIMALLY PRODUCTIVE IN HOT SUMMER CLIMATES) THE PART OF THE PLANT THAT IS EATEN ON THE CARDOON IS THE LEAF STALK AND MIDRIB. A TRADITIONAL ITALIAN DISH, THE HUGE LEAVES ARE STRIPPED DOWN TO THE FIBROUS, ARTICHOKE-FLAVORED STALKS AND PARBOILED IN SALTED WATER. ONCE TENDER, THEY ARE BREADED AND FRIED OR OVEN BAKED. ABSOLUTELY DELICIOUS, AND FRUITING IS UNNECESSARY FOR PRODUCTION OF A SIGNIFICANT QUANTITY OF FOOD. BESIDES BEING HIGHLY EDIBLE, CARDOON IS BEAUTIFUL. ITS ULTRAVIOLET BLOOMS AND BOLD TEXTURED, SILVERY LEAVES ON PLANTS TO TALL GRACE ANY GARDEN WITH AN ARCHITECTURAL PRESENCE NOT EASILY FORGOTTEN.

ZONES 7-8

SUN TO PART SHADE

