

PRESS NOTE

The Artichoke: a healthful delight

Palermo, April 19, 2024 – Oval in shape, spiny, with marked reddish-purple hues, the artichoke from Cerda has unique characteristics. “Available from November until late May, this vegetable, thanks to its purple pigmentation, is extremely rich in antioxidants, essential for human health, which – in this cultivar – are found in much higher percentages compared to other varieties. – explains Simona Spoto, a Palermo-based nutritionist biologist – Also thanks to this peculiarity, it is a vegetable that remains fresh and tasty after harvesting and can be stored in the refrigerator. It is rich in potassium, magnesium, calcium, and vitamins A, B, C, and K. It boasts diuretic properties and is a powerful liver cleanser. But like all vegetables, to fully enjoy these nutrients, it is preferable to consume it raw”. Even the stem, rich in fiber, is a part not to be underestimated. “The stem of the artichoke is cholagogue, – says Dr. Spoto – and facilitates the production and excretion of bile, with consequent beneficial effects on the liver. It is certainly not recommended for those suffering from irritable bowel syndrome, but it can be used, still assimilating its properties, in the form of broth or herbal tea”.

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