



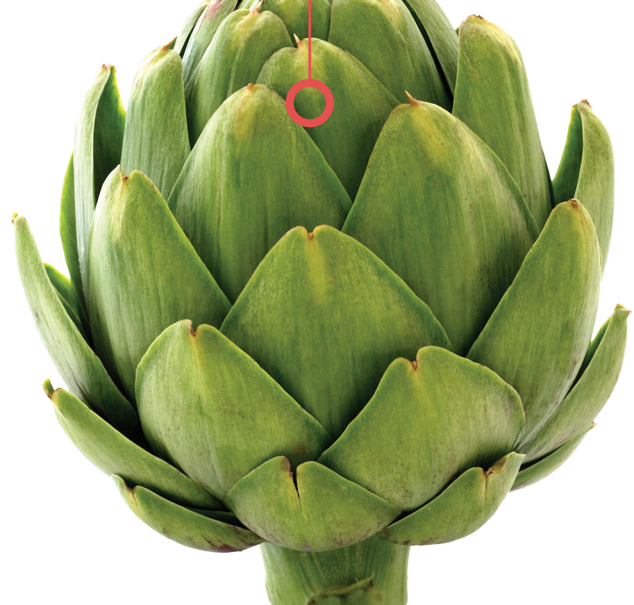
ALL ABOUT ARTICHOKE SIZES

Ocean Mist Farms Artichokes come in a variety of sizes ranging from Baby to Large. Use different sizes for different recipes and menus. Keep in mind that each size varies in preparation and cooking time!

LARGE ARTICHOKE

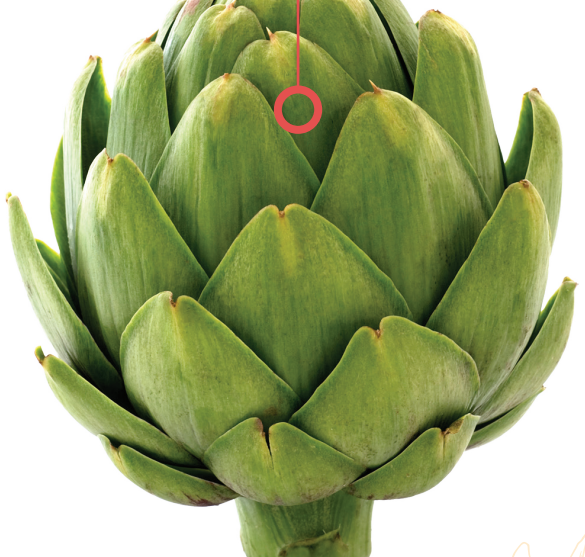
LARGE ARTICHOKE are perfect for a shared appetizer or even a complete meal when stuffed. Keep the artichoke stem intact for even more artichoke heart to enjoy!

LARGE ARTICHOKE are found in our 4-count handle bags when packaged.



12 CT.

13¾-15”
CIRCUMFERENCE
RANGE



18 CT.

12¾-13¾”
CIRCUMFERENCE
RANGE

SIZE: SOFTBALL

APPROX. COOK TIME: 1 HOUR 15 MINUTES

MEDIUM ARTICHOKE

MEDIUM ARTICHOKE are the perfect all-around artichoke for individual eating and weekday meal prep.

MEDIUM ARTICHOKE are found in our Season & Steam®, 2 count handle bags, and clamshells when packaged.



24 CT.

11¾-12¾”
CIRCUMFERENCE
RANGE



30 CT.

10¾-11¾”
CIRCUMFERENCE
RANGE

SIZE: BASEBALL

APPROX. COOK TIME: 1 HOUR

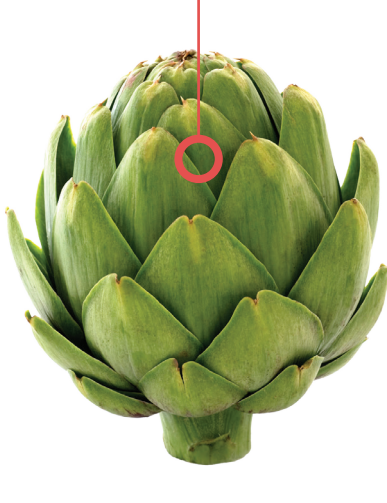
SMALL ARTICHOKE

SMALL ARTICHOKE are the perfect snacking vegetable the entire family will love. Ideal size for marinating and braising recipes.



36 CT.

9¾-10¾”
CIRCUMFERENCE
RANGE



48 CT.

8¾-9¾”
CIRCUMFERENCE
RANGE

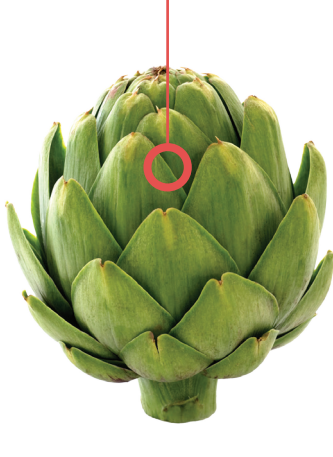
SIZE: TENNIS BALL

APPROX. COOK TIME: 45 MINUTES

BABY ARTICHOKE

BABY ARTICHOKE can be used for crudité or charcuterie board appetizers, or sautéed with other vegetables for an entrée side.

BABY ARTICHOKE are best when fresh, not frozen or canned. Find Ocean Mist Farms Baby Artichokes in clamshells if packaged.



20 LB.
BABY LARGE

7¾-8¾”
CIRCUMFERENCE
RANGE



20 LB.
BABY SMALL

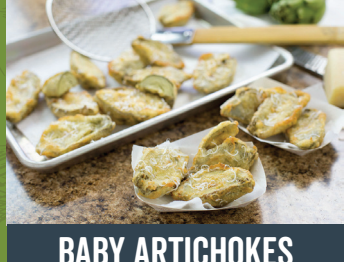
5-7½”
CIRCUMFERENCE
RANGE

SIZE: GOLF BALL

APPROX. COOK TIME: 15 MINUTES

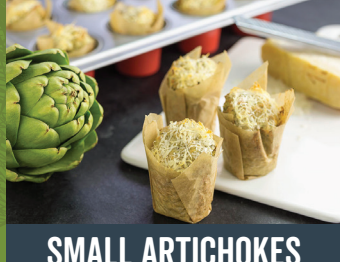
FAVORITE RECIPES BY ARTICHOKE SIZE

FRENCH FRIED BABY
ARTICHOKE



BABY ARTICHOKE
4 SERVINGS

SAVORY ARTICHOKE-
PARMESAN MUFFINS



SMALL ARTICHOKE
10 SERVINGS

ARTICHOKE
CAPRESE SALAD



MEDIUM ARTICHOKE
2 SERVINGS

STUFFED ITALIAN
INSTANT POT ARTICHOKE



LARGE ARTICHOKE
3 SERVINGS

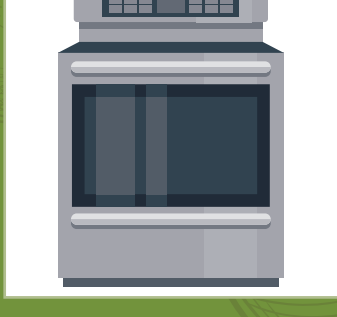
ARTICHOKE CAN BE PREPARED IN A VARIETY OF WAYS



BOILED & STEAMED



GRILLED



BAKED



MICROWAVED



WWW.OCEANMIST.COM

