

# Globe Artichokes

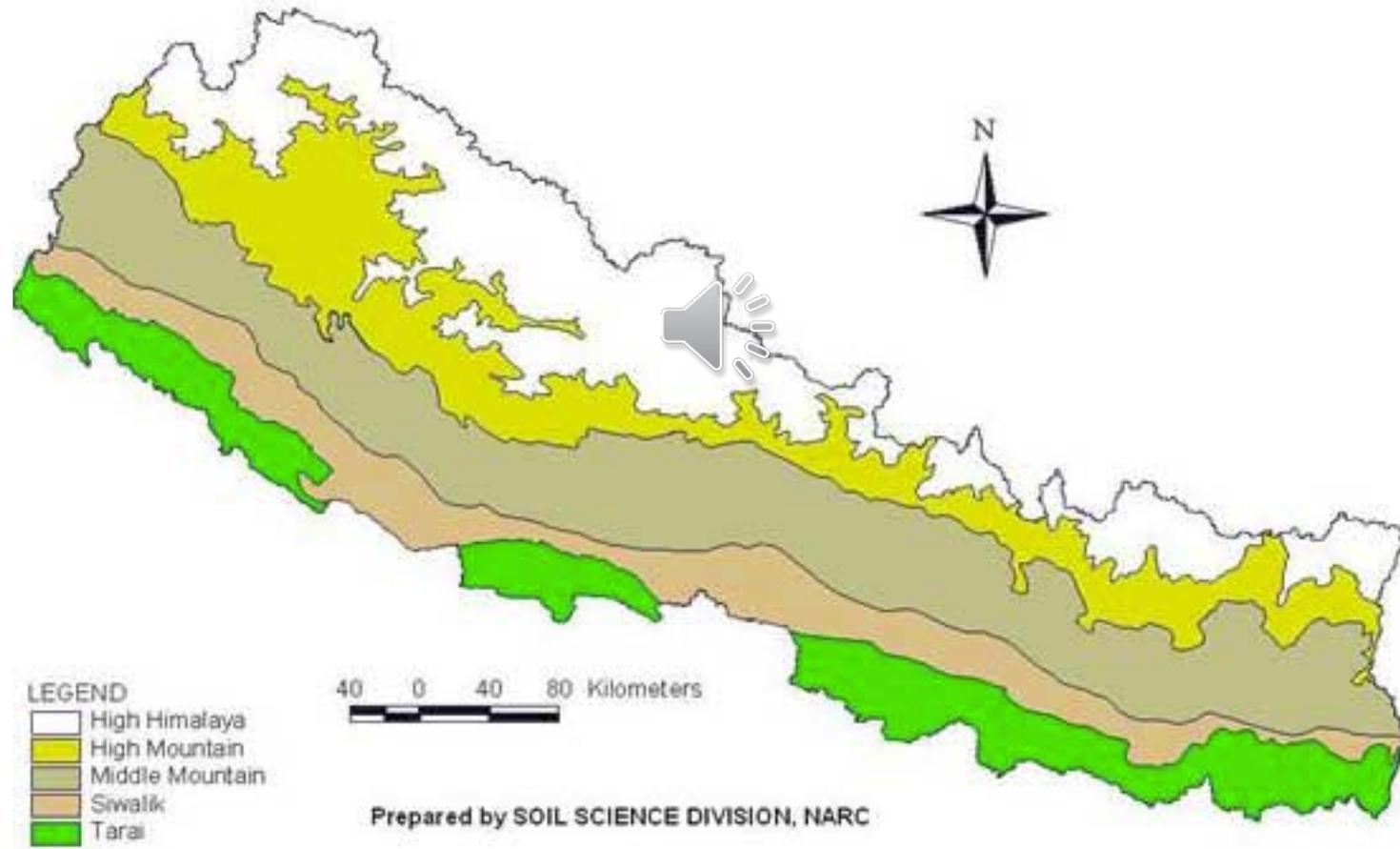
(*Cynara scolymus*)

# Brief Introduction of Nepal

- ▶ Area: 147,141 square kilometers (800km long and 200km wide)
- ▶ Population: 28 million
- ▶ Location: between India and China, landlocked
- ▶ GDP per capita: 656 US\$



# Physiographic Regions of Nepal



# Crop Introduction

- ▶ Immature flower buds of a thistle plant native to the Mediterranean.
- ▶ Artichoke flower heads (or “capitula”) contain the edible parts of the plant, each flower head is a cluster of many small flowers (an inflorescence).
- ▶ Mainly cultivated in Italy, Spain and France.
- ▶ A single plant produces between 12 and 36 artichokes.
- ▶ They grow on a plant ranging from 2 to 5 feet tall.
- ▶ Edible parts of the plant are bases of leaves and hearts of buds, before flowering.
- ▶ In Canada, Top Tomato Foods company was responsible for 20 acres of artichokes in 2014.



(Hein, 2014)

(Bauer, 2016)

## Potential Benefits to Canada

- ▶ To meet the demands of artichokes in Nepal, it will require more farmers to be involved in growing artichokes.
- ▶ Able to create greater job opportunities for unemployed people.
- ▶ The company will obtain more revenue by exporting artichokes to expand production.

# Major Benefits to Nepal (Health Benefits)

- ▶ The liquid from leaves of artichoke can improve cardiovascular health by lowering the levels of cholesterol in blood, and assists in eliminating deposits accumulated in arteries, can treat and prevent cardiovascular diseases. 
- ▶ The contents in leaves can kill bacteria and fungus, they can be used to treat HIV.

- ▶ The Gallic acids and certain antioxidants from leaves are effective at treating cancers such as prostate cancer, breast cancer, and leukemia by restricting the growth of cancer cells.



- ▶ Enriched in minerals such as potassium, sodium phosphorus, and Vitamin C, help to solve nutrient deficiency and reduce diet-related illnesses.



- ▶ In conclusion, artichokes have high medical values, people can get considerable health benefits by consuming them, and they are very effective at treating some prevalent diseases in Nepal and around the world. I recommend the company to increase yields and export them to Nepal to benefit more consumers in Nepal.

# References

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