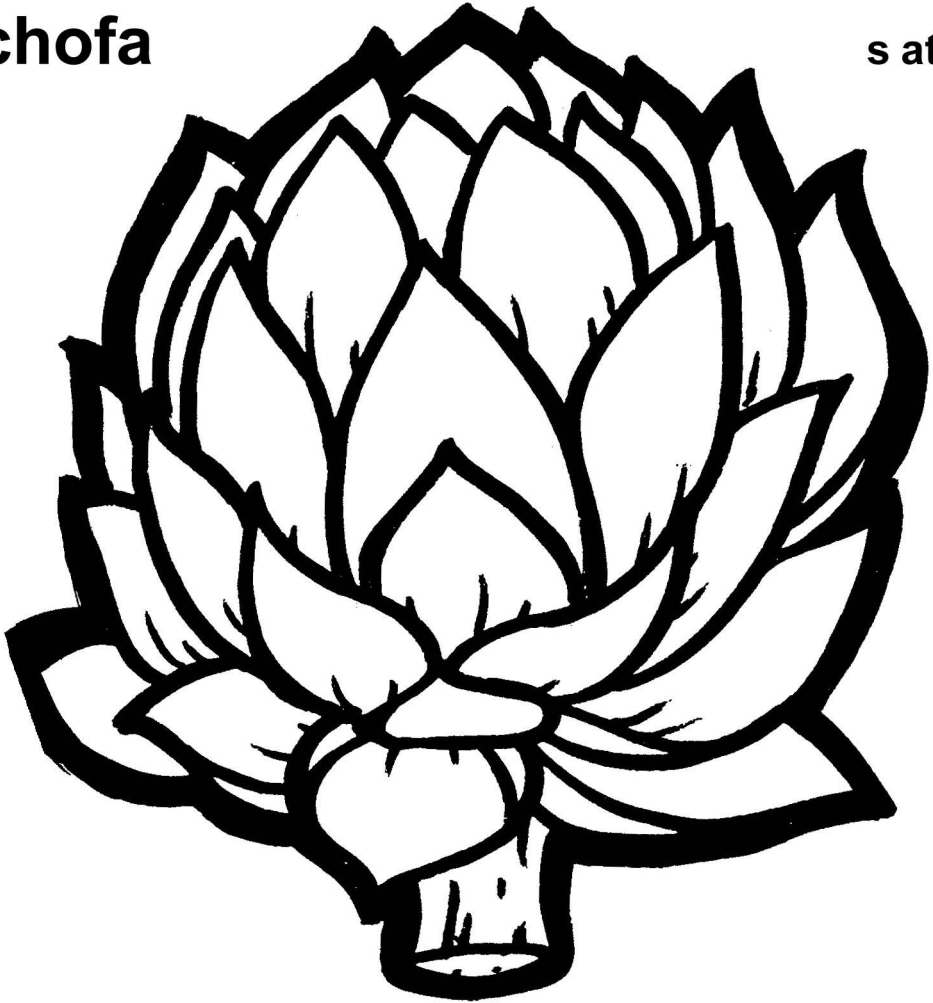


alcachofa

s at 83



UNIVERSITY OF ILLINOIS
EXTENSION

Graphics by Mary Connors 2001

Visit our website: <http://web.aces.uiuc.edu/wellnessways/>