CELERY

In the garden:

Ready to eat:

FUN FACTS:

- Celery seeds are very small. They are smaller than these dots ........
- The celery plant can grow over 3 feet tall.
- In the past, people used celery to treat problems like toothaches and arthritis.
- Nibbling on celery stalks helps clean your teeth and mouth after a meal!
Celery contains **Vitamin C** to help heal your cuts and wounds.
Fancy Critters on a Log

Ingredients
- 1/2 cup peanut or almond butter
- 4 stalks celery, cut into quarters
- 1/2 cup grapes, each cut in half
- 2 Tablespoons dried fruit (cranberries, raisins, etc)
- 2 Tablespoons pumpkin or sunflower seeds

Directions
1. Spread nut butter inside each quarter piece of celery.
2. Top with grapes, seeds, and dried fruit of choice.
3. Enjoy!

Storage tips for celery:
- Wrap stalks tightly in aluminum foil and refrigerate.
- Celery stays crisp for weeks this way.
- Storing celery in foil allows the ripening hormone ethylene to escape. In contrast, a plastic bag traps ethylene gas, speeding up moisture loss and spoilage.
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