

CELERY



In the garden:

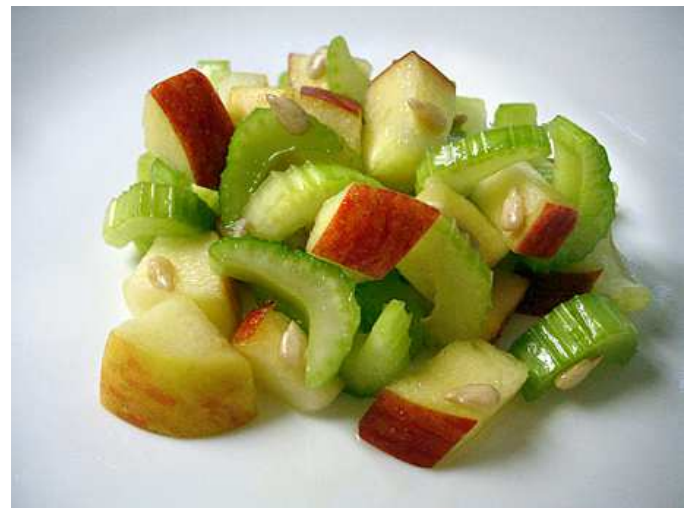


http://www.podgardening.co.nz/img/products/vegetables/celery/celery-mature-cheryl_g7.jpg



<http://foodbaskett.com/wp-content/uploads/2014/07/Celery.jpg>

Ready to eat:



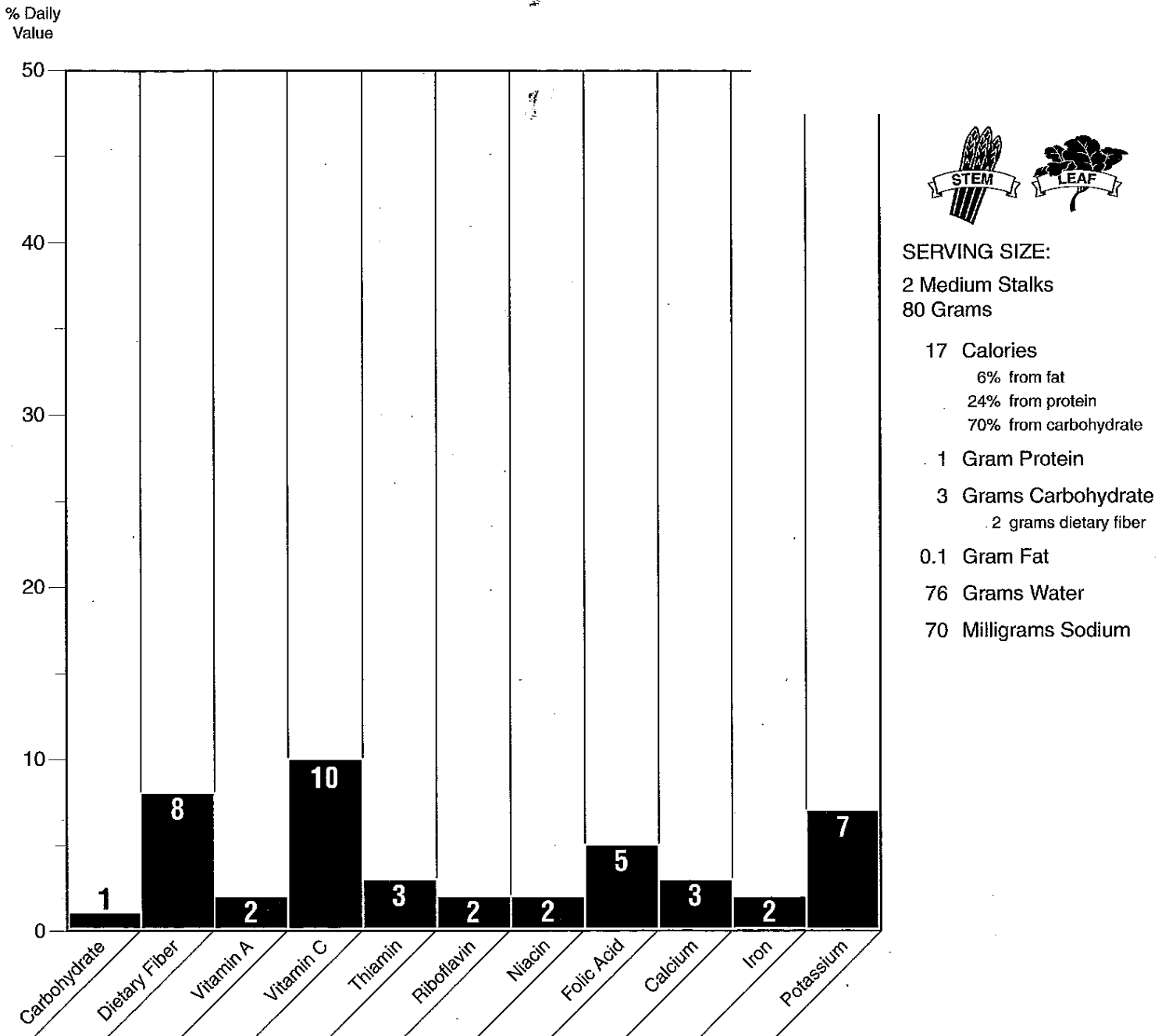
http://farm3.static.flickr.com/2455/3749820273_4fc5c13a75.jpg?v=0

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

Nutrition Facts



From California Department of Education, 2007

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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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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