



Celery

Harvest of the Season

Eat More Arizona Grown Celery

Vegetables and fruits are nature's power foods! Eating a variety of vegetables and fruits gives you different vitamins and minerals to help keep your heart, teeth, gums, eyes and skin healthy. Eat them every day at meals and snacks.

Buy fresh vegetables, like celery, in season when flavor is best and the price is low!

Celery is one of the top Arizona grown items purchased in Arizona schools, next to leafy greens and carrots. Most recently, total celery production in Arizona reached 975 acres. Arizona produced 5,601,500 pounds of organic celery in one year!

Why Eat More Celery?

Celery is full of nutrients. Here's how the nutrients in celery keep you and your family healthy:

Nutrients Found in Celery	
Water	Helps to keep your body cool and improve digestion
Fiber	Helps keep your heart healthy and improve digestion
Vitamin A	Helps keep your eyes and skin healthy
Vitamin C	Helps keep your teeth and gums healthy

What Are the Different Types of Celery?

Different types of celery grow best in different climates and are harvested in various seasons. There are a few types of celery that can grow well in Arizona:

- Tall Utah
- Par-Cel
- Ventura
- Afina
- Tango Green
- Verde Pascal

How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2 - 3	1 cup	1 cup
Children 4 - 8	1 1/2 cups	1 to 1 ½ cups
Older children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 1/2 to 3 cups	2 cups

You are a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer them vegetables and fruits at meals and snacks.

Make half your plate vegetables and fruits. Visit [choosemyplate.gov](https://www.choosemyplate.gov) for more information.

How to Choose, Store and Prepare Celery

Choose:

- Choose stalks that look fresh, crisp and free from yellow edges.
- Avoid stalks that looks wilted and that have brightly colored outer leaves.
- Choose stalks that are heavy in weight.

Store:

- Rinse celery under cool, running water. Be sure to rub off any excess dirt that you see.
- Cut off and throw away the end of the stalk, but keep the leaves for soups, salads or casseroles.
- Store any leftover celery in an airtight container in the fridge for a week or more.

Prepare:

Raw celery makes for a tasty snack. It can also be used to add flavor for soups or stews. To cook on the stovetop: slice or chop celery and sauté with carrots and onion.

1. Heat a small amount of vegetable oil or other fat in a large skillet over medium heat.
2. Add celery (other vegetables are optional), stir occasionally until just brown and soft, about 5 minutes.

Tip: Freeze celery leaves and add to soups for extra flavor.
To learn more, visit [fruitsandveggiesmorematters.org](https://www.fruitsandveggiesmorematters.org).

Plant and Grow Celery

- Arizona is divided into six planting regions. Celery can be planted in elevations reaching 1000-3000 feet between August and October. In elevations above 3000 feet, planting takes place between mid-May and mid-July.
- Celery needs about 125 days to grow. It is not recommended that elevations higher than 6000 feet plant celery due to risk of freezing.
- Tie celery stalks together to keep from spreading.

Visit extension.arizona.edu for harvest and planting information.

Wrap Attack

Ingredients:

- 4 ounces fat-free cream cheese, softened
- ½ cup salsa
- 2 celery stalks, chopped
- 2 carrots, chopped
- ½ green bell pepper, chopped
- ½ cup low-fat cheddar cheese, shredded
- 4 (9 inch) whole wheat tortillas

Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Mix cream cheese and salsa until smooth and creamy in a small bowl.
3. Spread mixture on each of the tortillas.
4. Top with vegetables and shredded cheese.
5. Roll tortillas to make a wrap.
6. Serve.



**Makes 4 servings
1 wrap each**

Nutrition Facts

per serving	
calories.....	248
carbohydrates ..	32 gm
protein.....	16 gm
total fat.....	5 gm
saturated fat.....	14 gm
trans fat.....	0 gm
cholesterol	9 mg
fiber	4 gm
total sugars.....	6 gm
sodium.....	549 gm
calcium.....	241 gm
folate.....	18 mcg
iron.....	15 mg
calories from fat...	32%

For more free recipes, visit EatWellBeWell.org

Choose Locally Grown Vegetables and Fruits

- Arizona grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits that are grown in Arizona spend less time in the back of a truck. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their produce. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to arizonagrown.org for more information.

Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services website at www.azed.gov for more information.



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