

CELERY

FAST FACTS

- Celery is a vegetable that is part of the same plant family (Apiaceae/Umbellales) as parsley, carrots, dill, and fennel
- Nibbling on celery after a meal can help to clean your teeth and mouth
- Celery stalks grow in tight, straight bunches
- Celery is a long-season vegetable grown in the spring or fall



IMPORTANT NUTRIENTS

- **Vitamin K** - helps your blood clot
- **Molybdenum** - important in preventing neurological damage in infants
- **Potassium** - helps maintain steady heart beat and send nerve impulses
- **Fiber** - good for your gut and heart
- **Folate** - needed for new cell creation

SELECTION & STORAGE

Select celery with straight, rigid stalks, a fresh smell, and fresh leaves. Avoid woody or limp stalks.

Store unwashed celery in the refrigerator of up to two weeks. Wash before you eat, making sure to check for dirt between ribs.

IDEAS FOR SERVING

- Eat fresh, raw celery sticks plain or with peanut butter and raisins for 'Ants on a Log'
- Slice celery and add it to your fresh greens salad, chicken salad sandwich, or pasta salad
- Cooked celery is tasty in stir-fry or homemade soup



CELERY

ACTIVITIES

Five Senses Fun!

Use your five senses to describe how celery look, feel, taste, sound, and smell.

Compare & Contrast

Make a list of similarities and a list of differences between celery and another vegetable. Are there more similarities or differences?

Write a Recipe

Invent a new recipe that includes celery as one of the ingredients.

Poetry

Write a poem about the health benefits of celery. Share with the class.

Celery Science

As a class, place a stalk of celery in a cup of water with 10 drops of food coloring. Set the cup aside for 10 minutes. After 10 minutes, what is different about the celery?

Watch a Video

Find and watch a video online that shows how celery is grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are some examples of other green vegetables?

When is the best time of the year to grow celery?

What nutrients are found in celery?

What should you look for when selecting celery at the market?

What is your favorite way to eat celery?

REFERENCES

California Department of Social Services. (2019). Celery. <https://eatfresh.org/discover-foods/celery>
Washington State University Pierce County Extension. (2019). Celery. <https://s3.wp.wsu.edu/uploads/sites/2088/2016/02/celery.pdf>
University of Nebraska Lincoln Extension. (2019). Celery. <https://food.unl.edu/documents/Celery.pdf>
The Old Farmer's Almanac. (2019). Growing Celery. <https://www.almanac.com/plant/celery>
Harvard Medical School. (2017). Listing of Vitamins. https://www.health.harvard.edu/staying-healthy/listing_of_vitamins
The World's Healthiest Foods. (2019). Celery. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=14>

