

**Today the
Fresh Fruit
and Vegetable
Program presents
to you...**

Celery

What is it?

- ◆ Celery has straight stalks that are topped with leaves
- ◆ Celery, carrots, fennel, and parsley are all related
- ◆ It is ready to be picked its stalks are about 10 inches long
- ◆ Whiter celery has a milder flavor and less nutrients than greener colored celery

When is it available?

- ◆ Harvested almost all year round in the United States
- ◆ Celery has a long growing season

What's so cool about it?

- ◆ Once ounce of celery seeds can grow an acre of celery, which is about 32,000-42,000 plants
- ◆ Celery has been grown and used for over 3,000 years, but it wasn't eaten until the 1600s
- ◆ Wild celery is called smallage, but it is not typically eaten due to its bitter taste
- ◆ The leaves on the top of each celery stalk can be used in place of parsley in many recipes

Why should I eat it?

- ◆ Excellent source of vitamin K, which helps with blood clotting
- ◆ Source of...
 - ◇ Fiber, which helps lower bad cholesterol and promotes digestion
 - ◇ Vitamin A, which is good for your eyes and skin
 - ◇ Vitamin C, which helps boost your immune system and promote wound healing and collagen formation
 - ◇ Folate, which helps prevent heart disease
 - ◇ Potassium, which plays a role in controlling your blood pressure
 - ◇ Manganese, which promotes bone density and healing

Need some recipe ideas?

- ◆ Tuna Salad
- ◆ Ants on a Log

Nutrition Facts	
Serving Size 1 cup chopped raw celery	
Amount Per Serving	
Calories 16	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 81mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 1g	
Vitamin A	9%
Vitamin C	5%
Calcium	4%
Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet.

Resources:

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