

Celery

Benefits of celery:

- 🌿 Low in calories
- 🌿 High in vitamin K and A
- 🌿 High in vitamin C

When are they in season?

- 🌿 Harvested almost all year round in the United States.

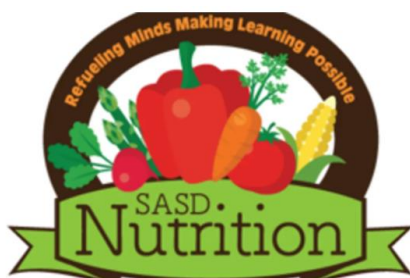
Food Safety for celery

Check for existing mold.

Store celery in the refrigerator.

Separate celery from meat. Use different cutting boards for meats and fruits.

Did you know... Celery has been grown and used for over 3,000 years, but it wasn't eaten until the 1600s.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Follow MeLeahA working mom of two very active teenagers. My husband and I gave up running the 80-cow dairy farm that also included a couple of hundred acres of corn and soybeans to both work to support the agricultural industry. We still have about 20 hea. (2020, July 25). Everything Bagel Stuffed Celery - Low-Carb Snacks. Retrieved January 13, 2021, from <https://www.beyerbeware.net/2019/11/everything-bagel-stuffed-celery-low-carb-snacks.html>

Pictures: Creative Commons

Low-Carb everything bagel stuffed celery:

Serves 8.

Ingredients

- 8 ounces cream cheese (softened to room temperature)
- 1 tablespoon every bagel seasoning
- 1 head celery

Directions

1. In a small mixing bowl, combine the seasoning and cream cheese.
2. Spread the cream cheese mixture onto the celery.
3. Serve.



Other Ideas:

- 🌿 Celery in soups
- 🌿 Roasted celery
- 🌿 Celery in salad