

Fresh Fruit & Vegetable Program: November 9, 2022

Featured Fresh Vegetable: **CELERY**



Health Benefits:

1. Great source of fiber – good for digestion
2. Rich in Vitamin C – immune system and healing
3. High Water Content – great for hydration!



Fun Facts:

1. Celery is native to Mediterranean region and Middle East.
2. Celery stalks can grow over 3 feet high!
3. Winners of athletic events in Ancient Greece were presented with bunches of celery, much as flowers are given today!

