

Celery

Celery has been grown and used by humans for over 3000 years. It was first grown around the Mediterranean Sea and was used by early Europeans as medicine. It was first used as a food in Italy during the 16th century, then within the next one hundred years spread to France and was being used to flavor soups, meats and stews. People took celery on their travels and today is enjoyed around the world.



- Celery is grown from seed in a greenhouse for 6 to 8 weeks. Then it's transplanted into a field of dark, moist organic soil called muck.
- Celery seeds are the size of this period (.)! It takes only one ounce of seed to grow one acre of celery plants.
- The two main varieties of celery are Pascal and Golden Heart. California, Florida and Michigan grow the most celery in the United States.
- Celery is from the same plant family as carrots, parsley, fennel and caraway.
- Celery is a good source of vitamin C and potassium, and only has about 10 calories per stem.

Recipe: Ants On A Log

Serves: 5

Serving size: 1 stalk

Ingredients: 5 stalks celery
1/2 cup peanut butter
1/4 cup raisins

Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins. Enjoy!

