



# CELERY

## DID YOU KNOW?

- Celery is a vegetable that belongs to the Parsley family. Also in this family are Carrots, Cumin & Parsley.
- The celery root grows under the surface of the ground and the stalk sprouts upward of the root. The celery stalks form a thick base at the bottom and on the surface grows into solid stalks with large green leaves.
- All parts of Celery are edible!
- Celery is rich in vitamin C, which can reduce your risk of catching a common cold.

## FUN FACT!

April is National Fresh Celery Month.



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