

# Produce of the Month

## Celery



### Nutritional Information

- † Celery contains Vitamin A, Vitamin C, niacin, riboflavin, calcium, magnesium, and manganese
- † Celery is a rich source of folic acid which is essential for pregnant women and lactating mothers and aids in the secretion of breast milk
- † Celery is also an excellent source of Vitamin K which helps increase bone mass

### Fun Facts

- † Today, California is the nation's top producer of celery
- † There is a celery museum in Portage, Michigan
- † It takes just one ounce of celery seeds to produce an acre of celery
- † King Tut's tomb contained a shroud adorned with garlands of wild celery, olive leaves, willow, lotus petals, and cornflowers

### Selecting, Storing, Preparing

- † Look for firm tightly packed stalks with fresh unwilted leaves
- † The stalk of celery should feel heavy for its size
- † Celery "hearts" are the tender innermost ribs of the celery stalks



### Recipes/Ideas

For an easy appetizer stuff ribs of celery with cream cheese and sprinkle with paprika.

Children can help prepare an easy snack by filling celery ribs with peanut butter and topping it with raisins or dried cranberries.

Celery adds a delicious crunch to tuna and chicken salad.

Waldorf salad, which has chopped celery, apples, raisins, and walnuts, is a wonderful make-ahead dish.

For more ideas:

<http://www.oceanmist.com/products/celery/celeryserve.aspx>

<http://celeryrecipes.org/>



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2

1

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9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages

**Manchester's Message for a Healthier You**