
Selection

Select celeriac globes about 4 inches in diameter. The stems should be dark green in color and free of pests.

The exterior of the bulb will be brown but if you peel that first layer away the flesh underneath should be a bright white.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Keep produce in the vegetable drawer or in a perforated plastic bag in the fridge.
 - ◆ Make sure to use a vegetable brush and wash vegetables under running water before cutting, cooking, or eating.
 - ◆ Store fruits and vegetables in different compartments of the refrigerator.
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Why Buy Local?

- ◆ You are making a healthy choice for you and your family.
 - ◆ What you spend supports the family farms who are your neighbors.
 - ◆ Buying local keeps farmers on the land and producing food for everyone.
 - ◆ The money you spend encourages sustainable and environmentally-friendly agricultural practices.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Veggie Bites



Celeriac Apio nabo

Uses

Celeriac is popular with Europeans as they use it grated or sliced in salads and cooked in soups and stews. It can also be pureed.

In the U.S., it usually cooked and made with other things like sweet potatoes.



Apples & Celeriac w/Honey Mustard Dressing

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- Good source of Fiber
- ◆ Good source of Vitamin C
- ◆ Good source of Iron

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Primary Source: University of Arkansas-Division of Agriculture: <http://www.uaex.edu>; Photos found on Google Images

Try It!

Apples & Celeriac w/ Honey Mustard Dressing

INGREDIENTS

2 Tbsp.	Apple cider vinegar
2 tsp.	Coarse mustard
2 tsp.	Honey
1	Shallot, chopped
1/2 tsp.	Black pepper
1/4 cup	Canola oil
1	Celeriac root
2 Tbsp.	Lemon juice
2	Green apples, shredded
1/3 cup	Non-fat yogurt
1/4 cup	Red onions, diced
2 cups	Spinach, shredded
1 cup	Radish, sliced

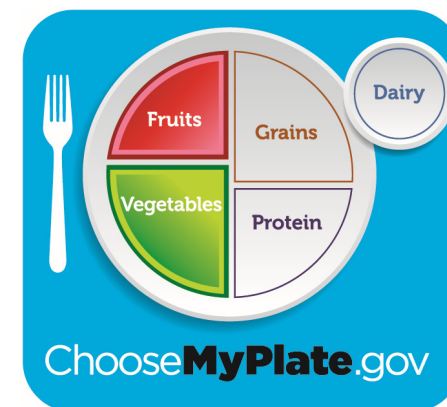
INSTRUCTIONS

1. Place the vinegar, mustard, honey, shallots, and pepper in a blender container. Process on high speed until well mixed. With the blender running, slowly pour in the oil to form an emulsion.
2. Trim and wash the celeriac. Cut into a fine julienne and place in a large bowl. Add the lemon juice and combine well to keep the celeriac from discoloring.
3. Mix in the apples, yogurt, onions, and dressing.

4. Serve on a bed of spinach with the radishes.

Yield: 4 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Celeriac is derived from wild celery, which has a small edible root and has been used in Europe since ancient times. It is unclear as to when celeriac was first cultivated but there are references dating back to ancient times.

Today celeriac is not widely eaten outside of Europe or West Asia. It is popular in France and Italy. Celeriac is one of the oldest root vegetables in recorded history. Celeriac first achieved culinary importance during the middle ages.