
Selection

When buying celery be sure and choose celery that looks crisp and snaps easily when pulled apart.

The leaves should be pale to bright green in color and free from yellow or brown patches.

Be sure that there is not a round stem where the smaller tender stalks should be; if this is present, then avoid, and do not purchase as it will have a bitter flavor.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Celery can be stored in the refrigerator for 5-7 days and still remain fresh. Celery does not freeze well.
 - ◆ Wash celery under running water before cutting to remove dirt and debris.
 - ◆ Keep cut celery in airtight container in refrigerator.
 - ◆ Store produce away from meats in 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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Celery
Apio

Uses

Celery is best eaten fresh. It can be chopped and added to your favorite salad. Or cut it into smaller stalks and spread peanut butter onto it.

Celery can be braised. Add it also to soups, stews, casseroles, and stir-fries.



Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ Good source of Vitamins C & K

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Primary Sources: WH Foods; Photos found on Google Images

Try It!

Celery Slaw

INGREDIENTS

3 cups	Fresh celery
1/2 cup	Carrots, grated
1	Apple, peeled, cored, and diced
1/2 cup	Mayonnaise
2 Tbsp.	Sugar
1/2 tsp.	Salt
2 Tbsp.	Vinegar
1/2 cup	Walnuts, coarsely chopped (optional)

INSTRUCTIONS

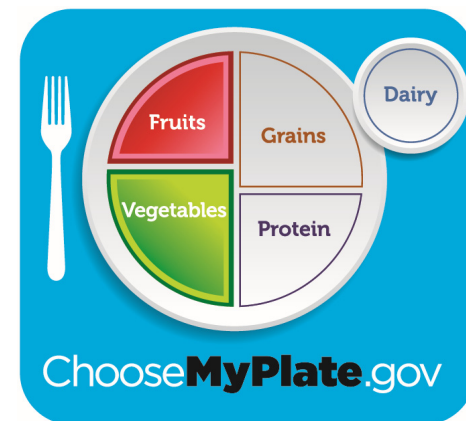
1. Combine celery, carrots and apples.
2. Thoroughly blend remaining ingredients and fold into celery mixture.
3. If desired, fold in walnuts or sprinkle over top as a garnish.
4. Chill at least 30 minutes before serving in lettuce lined bowl.

Yield: 6 servings

Recipe Source: www.recipesource.com



Celery Slaw



History & Fun Facts

Celery was cultivated in parts of Europe and the Mediterranean as early as 1000 BC. There is evidence of celery being used as medicinal plants in ancient Egypt. Ancient Greek athletes were awarded celery leaves to commemorate their winning.

Today over 1 billion pounds of celery are produced each year in the United States. The average U.S. adult eats about 6 pounds of celery per year.