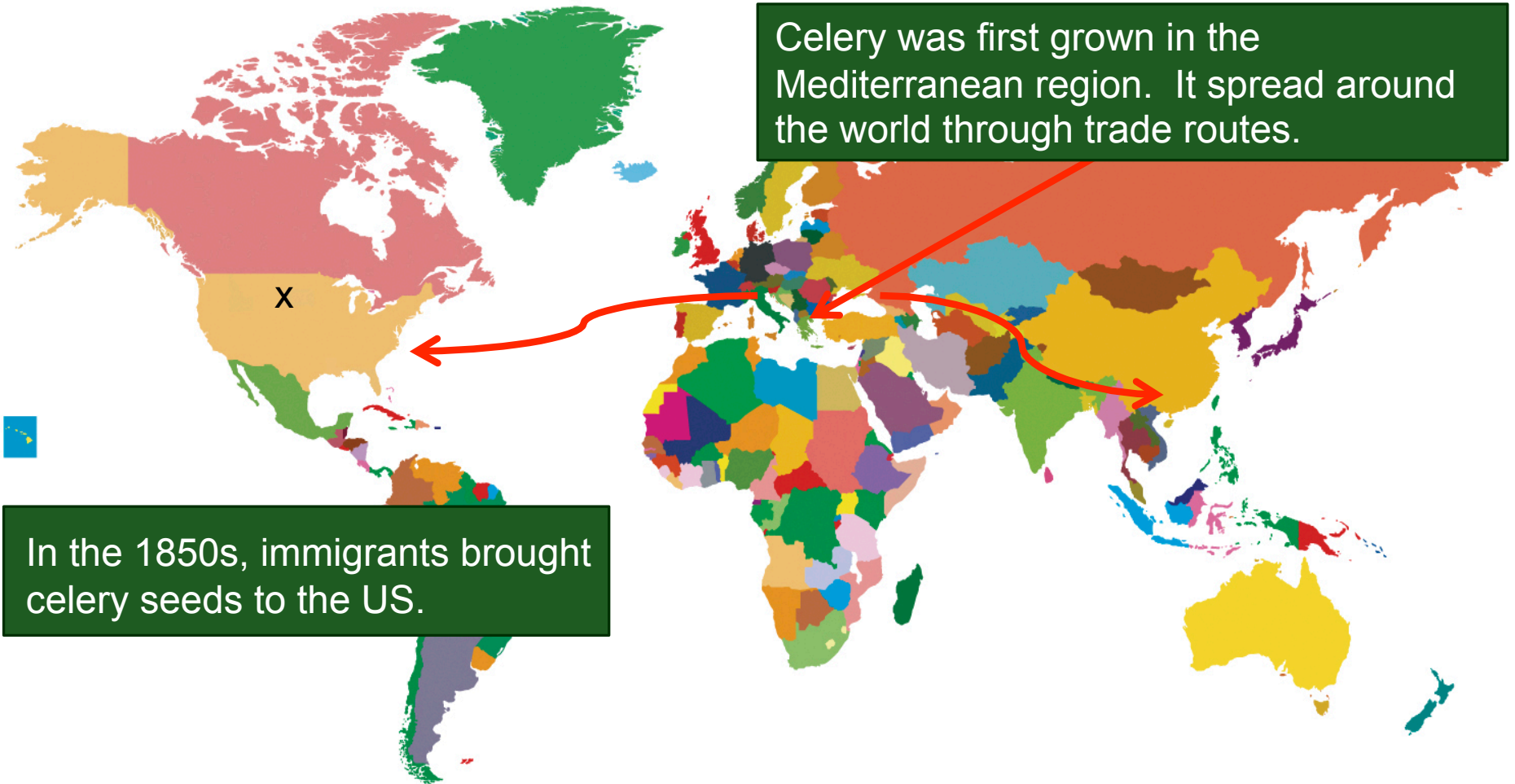




Celery

History about celery

Celery was first grown in the Mediterranean region. It spread around the world through trade routes.

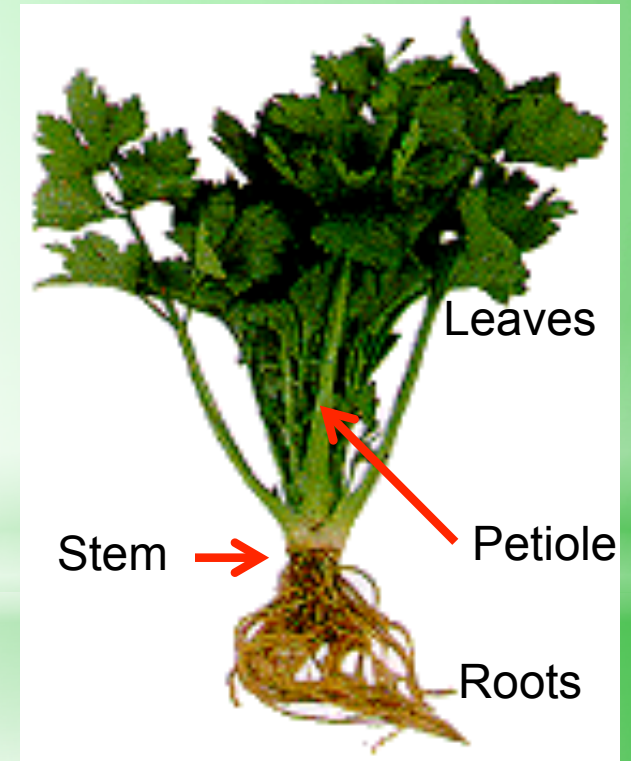


In the 1850s, immigrants brought celery seeds to the US.

How does celery grow?



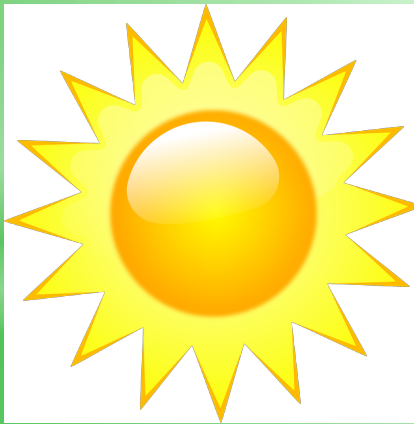
Celery grows up from the ground.



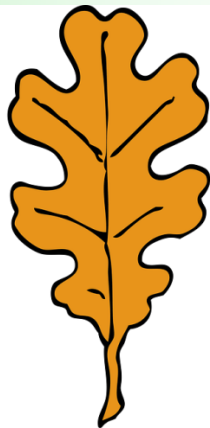
We eat the petioles of the celery plant. (A petiole is a stalk attaching the leaf to the stem.)

What season do we pick celery?

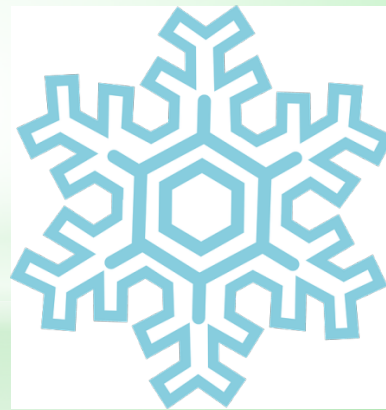
Summer



Fall



Winter



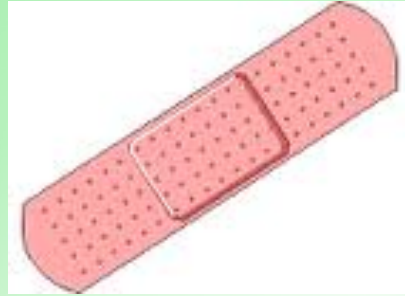
Spring



In South Dakota we harvest celery in the late spring and early summer. In warmer parts of the country (California or Texas) they can grow celery year-round.

celery

Vitamin K



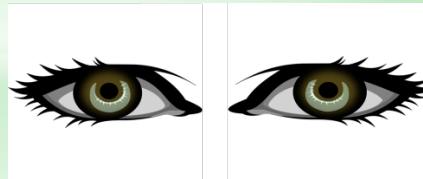
Heals cuts

Folate



Healthy blood

Vitamin A



Healthy eyes

How do you pick good celery?



- Celery should be firm with smooth green skin.
- Make sure the stalks and leaves are not wilted.
- Try different celery fresh, cooked in soup, or sautéed with other vegetables .



Fun Fact: During the Middle Ages, celery was used as a medicinal plant to treat toothaches and arthritis.

**Let's try some
celery!**

