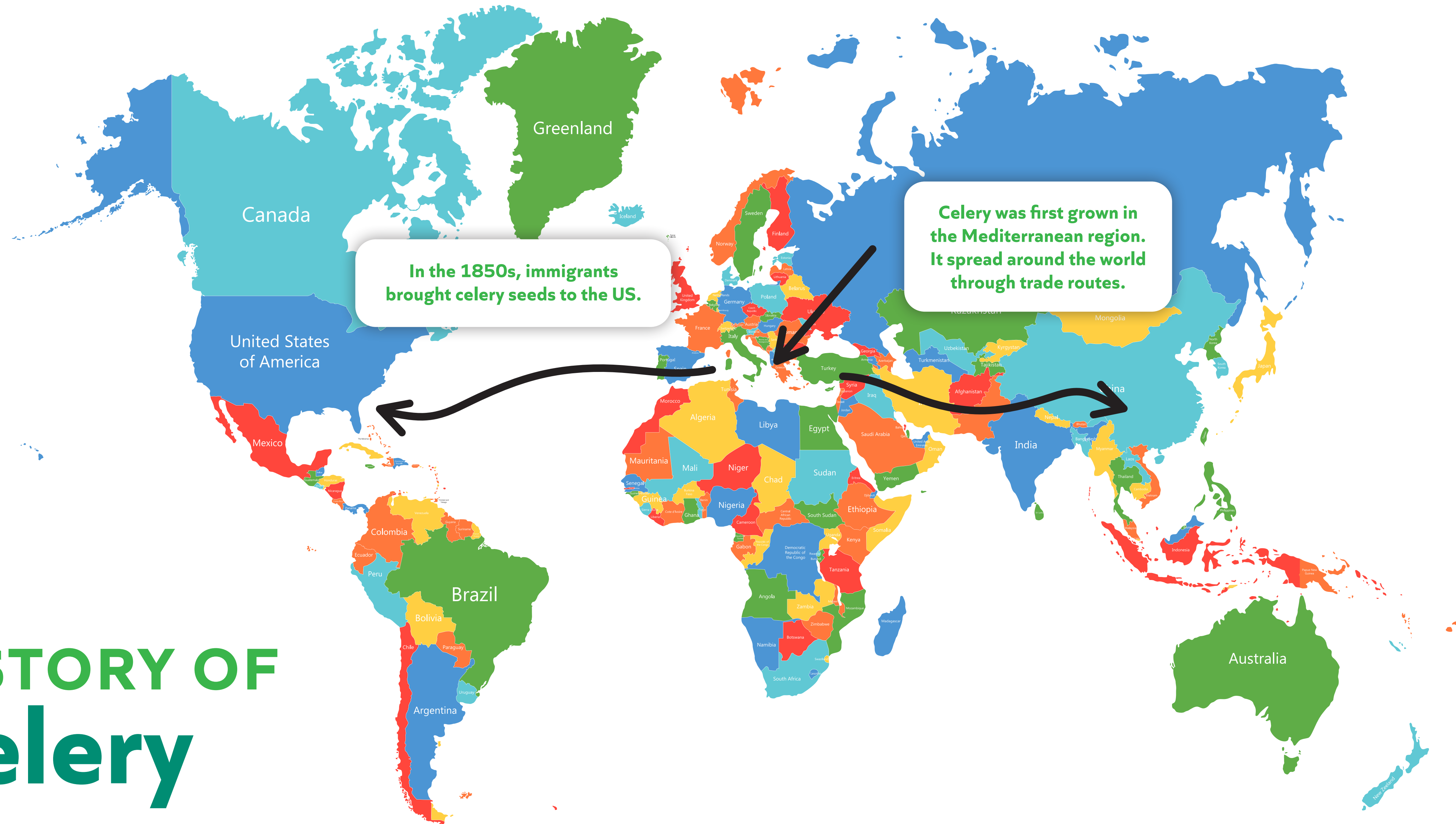


HARVEST OF THE MONTH:

Celery



HISTORY OF Celery





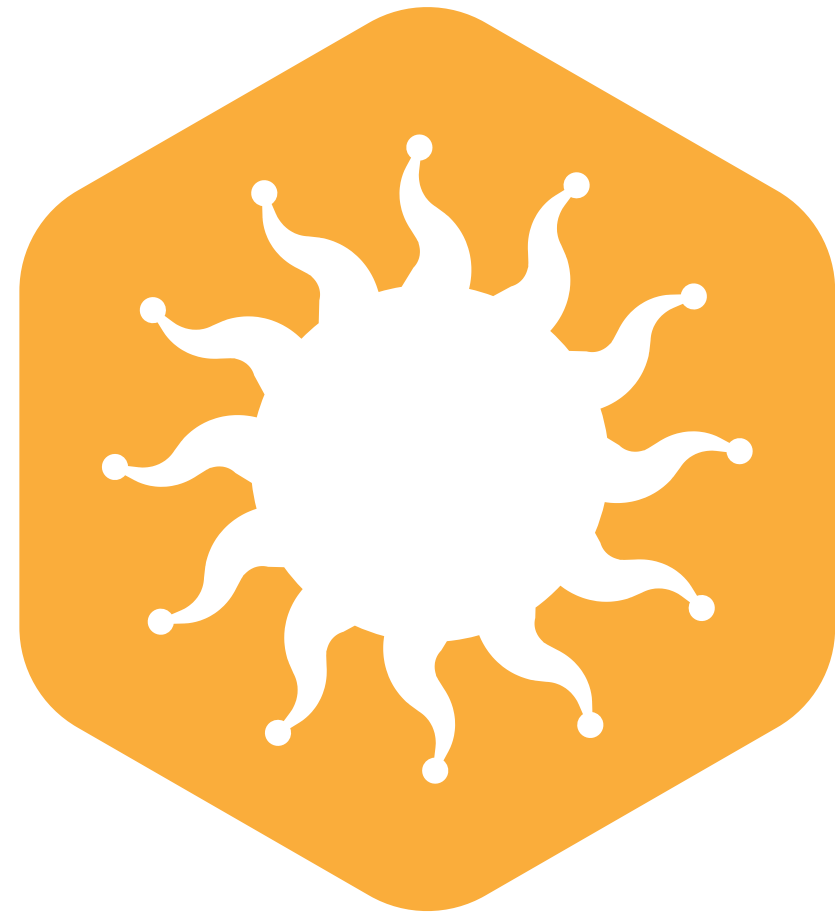
**Celery grow up
from the ground.**

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



HOW DO CELERY GROW?

WHAT SEASON DO WE PICK CELERY?



SUMMER



AUTUMN



WINTER



SPRING

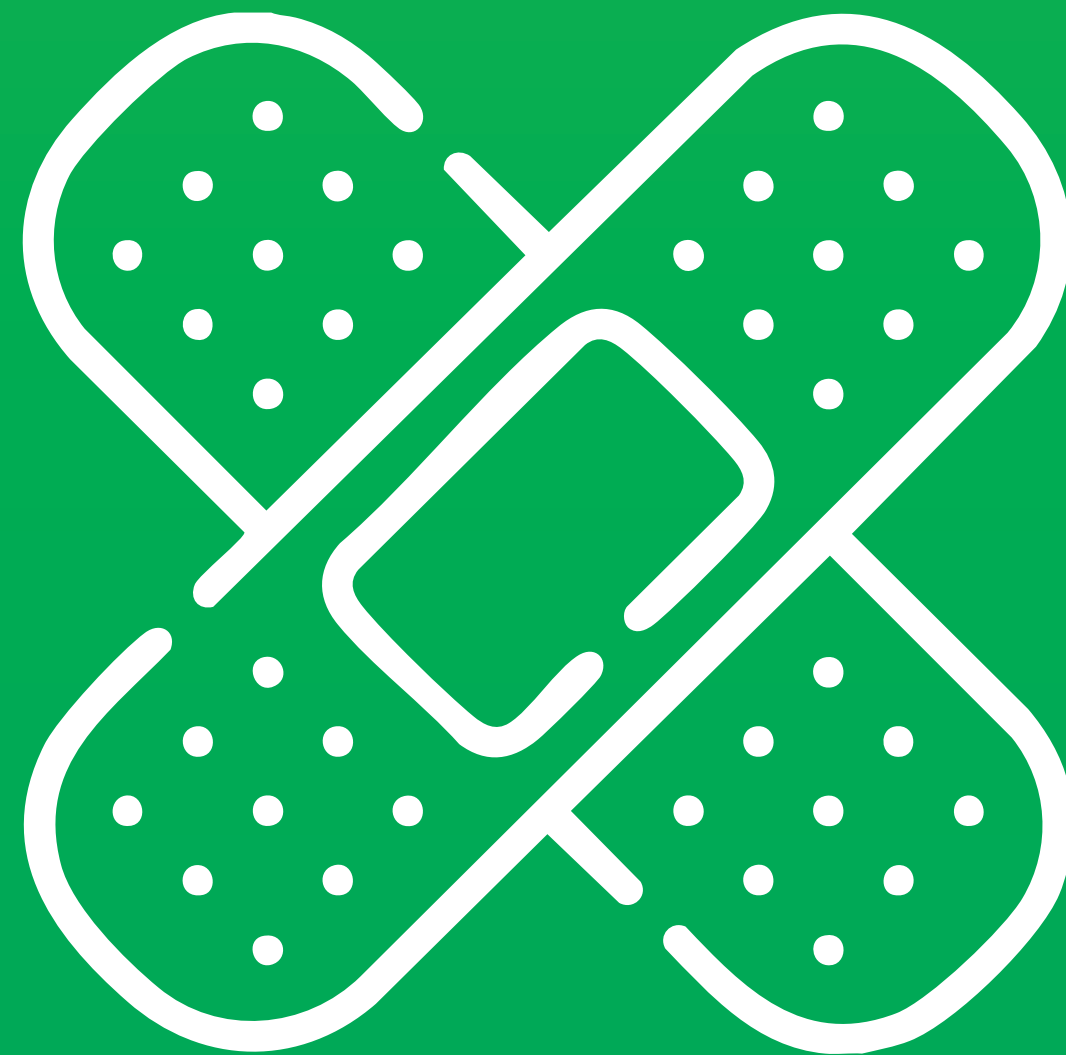
In South Dakota we harvest celery in the late spring and early summer. In warmer parts of the country (California or Texas) they can grow celery year-round.

WHY SHOULD WE EAT CELERY?

Healthy eyes



Contains vitamin K
(heals cuts)



Healthy blood



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!

