



Celery

Selection and Handling~

You should choose fresh leaved, rigid, and straight celery stalks. Try to avoid choosing hard wood like celery or limp stalks. Be gentle with celery as it will lose its turgidity if you are too rough when handling it.

Preservation~

Store celery in a plastic bag in a refrigerator. Make sure to keep it cool if you are not ready to use it. Celery typically keeps for a week or more.

Preparation Tips~

When preparing celery you want to cut off the white end parts near the base of the vegetable as well as pull off any leaves or unsightly top parts. You can save these extras to make vegetable or chicken stock. Cut the stalk into three parts so it is easier to chop, dice, or julienne (dependent upon what you plan to use it for).

Nutrient Information~

Celery is a great source of vitamins A and C, as well as fat, sodium and cholesterol free. If you are looking for a good source of fiber you have found a great one in celery!

Did You Know?~

- Celery contains 8 cancer fighting compounds that inhibit tumor growth
- Celery juice is a great post workout drink; it restores electrolyte balance as well as contributing essential minerals
- Organic minerals in celery have been said to produce a calming effect on the nervous system, which can help people with insomnia sleep

Some Recipes for Celery

Celery and Carrot Salad

- 1 cup grated carrot
- 1 cup diced green onions
- 1 cup chopped celery
- 2 tablespoons chopped parsley
- salt and pepper to taste
- ½ cup mayonnaise

Cut up all your vegetables and mix them in a bowl. Stir in mayonnaise, salt, and pepper and enjoy chilled.

Cream of Celery Soup

- 3 quarts chicken stock
- 3 pounds of celery coarsely chopped
- ½ pound of onions chopped
- ½ pound of carrots julienned
- 1 cup all-purpose flour
- 1 tablespoon salt
- 1 teaspoon white ground pepper
- 1 cup margarine
- 3 quarts hot milk

Pour your chicken stock into a large pot and bring to a boil. Next add your vegetables to the pot. Now you want to mix up your remaining wet and dry ingredients in a bowl and pour them into your boiling pot along with your margarine. Stir well and let your soup boil for 10

minutes. Lastly, strain and discard your vegetables out of the soup through a fine strainer and serve.

****Recipes retrieved from allrecipes.com****