

CELERY

Scan for videos & resources



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Celery is in the same family as carrot, parsley and dill.
- When selecting celery, look for firm stalks with pale or bright green coloration. Avoid brown or yellowing celery, and separate stalks and look for brown/black discoloration.
- Perfect addition to many dishes because of its mild taste and crunchy texture.
- 1 cup of chopped celery contains:
 - 37% of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones.
 - 9% of your recommended daily value of vitamin A to keep eyes and skin healthy and to protect the body against infections.
 - 9% of your recommended daily value of folate to support proper brain function.



PREPARE

Remove celery stalks from the base. Wash the stalks and remove the ends. Remove any brown parts if needed.

Try celery:

- *Braised* with butter and spices
- *Chopped* as part of a salad
- *Raw, served with* peanut butter, hummus, or salad dressing
- *Diced* as part of a soup

STORE

- Store whole celery stalks in a plastic bag in the refrigerator for 5-7 days.
- Remove as much air from the bag as possible to maintain freshness.
- Do not store celery at room temperature, as it will wilt quickly.