

Taste Test: Celery



Celery is a light-green vegetable with four parts: stalks, leaves, roots, and seeds. The most commonly eaten parts of the celery are the stalks. The other components are used for food seasonings and as natural medicines. Celery grows about 12 to 16 inches tall. The stalks are very crunchy and have a mildly salty taste. Celery is typically grown in the United States, Mexico, and Canada.

Food Fact

Celery has many important nutrients, including fibre, vitamin A and C, folate and potassium. ¹

How to Choose:

- Celery should be crisp and snap easily when pulled apart.
- Pick celery that is pale to bright green in colour.
- Light green celery has the most preferred flavour.
- Avoid celery with yellow or brown patches.

How to Prepare:

- Separate stalks and rinse thoroughly.
- Trim leaves (*reserve for soups*), remove bottom end and any brown spots.
- Dice, slice, or cut into sticks.

How to Store:

- In a sealed container.
- Refrigerate unwashed for up to two weeks.
- Do not freeze celery.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try celery again?

YES NO

Ideas for Serving Celery:

- Add cut up celery to your favourite salad or stir fry recipe.
- Add chopped celery to your favourite tuna or chicken salad sandwich recipe.
- Slice up celery and dip into your favourite vegetable dip or hummus for a quick and healthy snack.

Ants on a Log

Makes 10 servings

Ingredients:

- 5 stalks celery
- ½ cup peanut butter
- ¼ cup raisins



Directions:

1. Cut the celery stalks in half. Spread with peanut butter and sprinkle with raisins.

Recipe adapted from <https://www.allrecipes.com/recipe/23953/ants-on-a-log/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@applscool.ca.

¹Strive for Five at School! A Guide to Promoting Fruits and Vegetables.

<http://nshps.ca/sites/default/files/root/files/S45%20Resource%20Guide%20Eng-Web.pdf> Accessed July 31, 2012

²EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx. Accessed July 20, 2012.