



Give Them More
of the
Good Stuff!

Celery Basics



Shop and Save

- ✿ Choose celery with straight, firm stalks and fresh-looking green leaves. Avoid woody, brown or limp stalks.
- ✿ Celery is available year round but may have the best flavor and cost less when in season. In Oregon, this is usually July through November.
- ✿ Celery seed can be found in the spice area of stores. It adds flavor to sauces, dressings and pickles.
- ✿ Celery salt is made with crushed celery seed and table salt. Look at the label for its sodium content.

Celery provides water and fiber, which are good for hydration and digestion.



You can re-grow celery

- ✿ Cut off the bottom 2 inches of the root end and peel off the outer 4 stalk pieces.
- ✿ Put in a bowl with about 1 inch of water. Change the water every 3 days.
- ✿ After 5 or 6 days, you will see green leaves sprouting from the center.
- ✿ After 2 to 3 weeks, you will see small roots growing at the bottom. Plant into a one-gallon container of damp potting soil with the roots about 1 inch below the top of the soil.
- ✿ Place the container outdoors to grow in the cooler weather of spring or fall, or indoors any time of year.

Store Well Waste Less

- ✿ Refrigerate celery in a loose plastic bag for 1 to 2 weeks.
- ✿ Rinse celery under running water just before using.
- ✿ Cut off the bottom 2 inches of the root end and throw away, compost or re-grow it.
- ✿ Cut off leaf ends. Add to salads or save for broth.

- ✿ Remove the outer strings of celery with a vegetable peeler, if desired.
- ✿ Refresh wilted celery sticks. Trim one end and put in cold water for an hour.
- ✿ Freeze celery for longer storage. Cut into pieces and put in an airtight container. Use within 3 months in cooked dishes such as soups.



Celery is a member of the parsley family, along with carrots, parsnips, dill and fennel.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Celery

Cream of Celery Soup

Ingredients:

- 1 Tablespoon **margarine** or **butter**
- 1 cup finely chopped **onion**
- 2 cups finely chopped **celery**
- 1 clove **garlic**, minced
- ¼ teaspoon **salt**
- ⅓ cup all-purpose **flour**
- 2 cups low-sodium **broth** (any type)
- 1 cup lowfat **milk** (see **Note**)
- ⅛ teaspoon **pepper**

Directions:

1. Wash hands with soap and water.
2. Heat butter in a large saucepan on medium heat. Add onion, celery, garlic and salt. Cook until soft, about 5 minutes.
3. Turn heat to low. Stir in flour.
4. Add broth and stir until the mixture is smooth. Bring to a boil, then simmer on low for about 10 minutes. Stir in the milk and pepper.
5. For a smooth soup, puree in batches in a blender, using the manufacturer's directions for pureeing hot liquids.
6. Refrigerate leftovers within 2 hours.

Note:

- Instead of fluid milk, mix ⅓ cup dry milk with enough water to make 1 cup.

Makes 4 cups

Prep time: 10 minutes

Cooking time: 20 minutes

Go to
FoodHero.org
for easy, tasty
celery recipes

Ants on a Log

Ingredients:

- 4 stalks of **celery**
- ¼ cup **peanut butter**
- 2 Tablespoons **raisins**

Directions:

1. Wash hands with soap and water.
2. Remove outer strings of celery stalks with a vegetable peeler, if desired. Cut each celery stalk into 3 pieces.
3. Spread peanut butter on the inside of the celery.
4. Place raisins on top of the peanut butter.
5. Refrigerate leftovers within 2 hours.

Notes:

- Try filling with any nut butter, sunflower butter, lowfat cottage cheese or a thick dip, such as hummus.
- Try topping with any dried fruit, chopped nuts or hulled seeds, such as sunflower seeds.
- Try adding pieces of fruits or vegetables, pretzels or crackers to create celery butterflies or other fun critters.

Makes 12 pieces

Prep time: 5 minutes

Quick Fix

- ✿ Add a delicious crunch to any salad.
- ✿ Serve sticks raw with a dip.
- ✿ Add savory flavor to sauces, soups, stews and stuffings.
- ✿ Add to a stir-fry.
- ✿ Save pieces and leaves for making broth.
- ✿ Add to a smoothie.



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ rinse celery under cool running water.
- ✿ fill and top their *Ants on a Log*.
- ✿ re-grow celery from the root end of a stalk.