

# OREGON CELERY

In Oregon, celery is in season from July to November. Celery is a member of the parsley family, along with carrots, parsnips, dill and fennel.

## NUTRIENTS FOUND IN CELERY

- ~ Celery is an excellent source of vitamin K, which is important for healthy blood and strong bones.
- ~ Celery is a good source of folate, a vitamin needed for cell growth and other body functions.
- ~ Celery's refreshing crunch comes from its water and fiber, which are good for hydration and digestion.
- ~ Celery contains vitamins A and C and potassium.
- ~ The phytochemicals in celery help cells stay healthy.



Celery grows best in cooler weather and in fertile soil with enough water to make it crisp and juicy.

In ancient cultures, celery was used as a medicine and to weave victory crowns. Cooking with celery probably started in France in the 1600s. Celery soon became a favorite food around the world.



Celery is often eaten raw with dips or added raw to recipes for its crunch. The most popular use is to add flavor to sauces, soups and stews.



Refresh wilted celery stalks by placing them in cold water for an hour.



Celery stalks, leaves, flowers and seeds are all edible.



This material is funded by USDA's Specialty Crop Block Grant Program and 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 Select at 219. USDA is an equal opportunity provider and employer. ©2020 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, race, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.