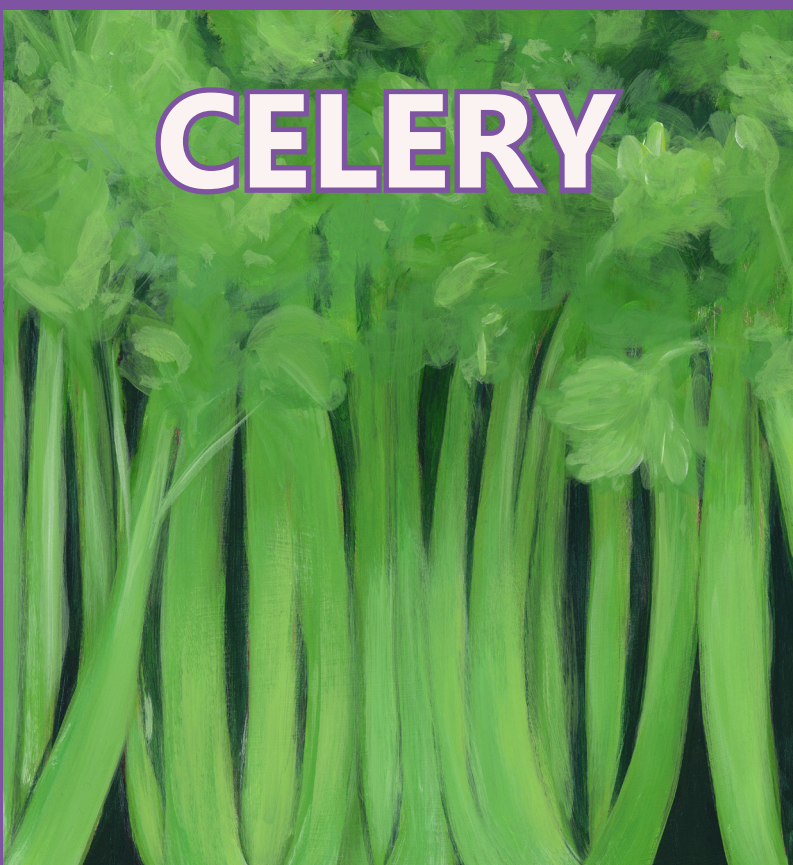


Harvest of the Month



CELERY



Local Highlight

Celery is not widely grown in Humboldt County. It is a long season crop that requires a lot of water and fertilizer and can easily turn out chewy or pithy if allowed to dry out too much. The main growing regions in California are the south and central coasts.

Literature Links

- *Soup Day*, by Melissa Iwai
- *Right This Very Minute - A table to farm book about food and farming*, by Lisl H. Detlefsen

Joke Corner

Q: What did the lettuce say to the celery?

A: Quit stalking me!

Q: Why did the chef quit?

A: They cut his celery.

Harvest of the Month



CELERY

Apium graveolens



Spanish: el apio
Hmong: zaub kav

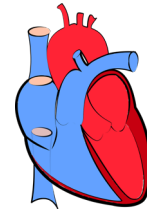
Nutrition Power

Celery is a great source of vitamin K and a good source of potassium.



Vitamin K

helps you build strong bones!



Potassium

helps your muscles, including your heart!

History

The wild ancestor of celery can still be found growing in marshy areas around the globe, but it was first cultivated in the Mediterranean region for medicinal uses. The seeds were especially valued for treating ailments such as insomnia and arthritis.



Over time farmers in Italy selected for solid stems and sweeter flavor, making celery stalks more popular as a vegetable. During Victorian times celery was so popular that it was common to find glass vases full of celery stalks on dining room tables!

Did You Know?

- Plant part we eat: STEM
- Celery is related to carrots, parsnips, and celeriac, three types of root vegetables.
- In addition to eating the stalks of celery, the leaves and seeds can be used to season food as well.
- Eating celery stalks can help clean your teeth and freshen your breath.

