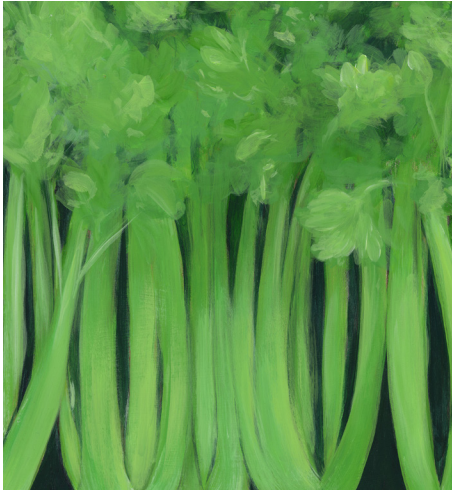


Harvest of the Month



CELERY



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some celery on its own.
2. **MAKE** a dish with celery using the recipe and ingredients provided.
3. **LEARN** about celery with the information below.

Fun Facts

- Nibbling on celery stalks helps clean your teeth and freshen your breath!
- Celery stalks are 90% water, making them a great snack when you are thirsty!
- Celery leaves and seeds can be used to season food.
- Celery originates from marshy environments. Garden varieties need rich, moist soil to grow or they will turn out stringy and bitter.
- Celery is high in Vitamin K which helps build strong bones.

Celery Types



Stalk celery is just one of three types of celery that can be used in cooking. Celery root, or celeriac, can be used like potatoes. Leaf celery, also called Chinese celery, is a smaller, leafier, aromatic variety of celery used in East Asian cuisine.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Got CalFresh? Be sure to reach out to DHHS or one of the many community partners if you ever have a question about the program. Family Resource Centers and Food For People are wonderful resources.