



CELERY

- There are three main types of celery. Stalk celery is the most common type eaten in the United States and has tall, crisp stalks. Leaf celery has thinner stalks and very aromatic leaves. Celery root, or celeriac, has been bred to produce big, bulbous, edible roots.
- During ancient times, Indian Ayurvedic medicine used celery seed to treat colds and flu. Celery seed can also be used to flavor soups, stews, and sauces.
- Nibbling of celery stalks helps clean your teeth and mouth after a meal.
- Celery is related to carrots, parsley, and fennel.
- Celery is high in Vitamin K. Vitamin K helps build strong bones.



HUMBOLDT COUNTY OFFICE OF EDUCATION
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ART: Celery Flower Stamping

Supplies Needed:

- Celery bunches
- Knife
- Paint
- Paper
- Paint brushes
- Shallow bowls for paint

Directions:

1. Cut the celery bunch 3 inches from the bottom, separating the base from the stalks. The cut surface of the base will be the stamp. Make the cut as evenly as you can so the cut surface will press flat against the paper. Set aside the loose stalks for kids to eat later!
2. Use a paintbrush or dip the cut surface of the celery base into paint to cover it evenly.
3. Press it firmly onto the paper and carefully lift it up.
4. Once you have all the flowers you want stamped, you can add stems and leaves to complete your flower garden!



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