



## CELERY

- Celery was used as ancient “bouquets of flowers” to reward winners of athletic games in the Ancient Greece.
- All parts of celery are edible. Stalks can be used raw, baked, fried or boiled.
- Nibbling of celery stalks helps clean your teeth and mouth after a meal.
- Celery is high in Vitamin K. Vitamin K helps build strong bones.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



## 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!