



celery

Celery is a type of herbaceous plant that belongs to the parsley family (same family as carrots and cumin). Celery has a high-water content, which gives it a fresh, crisp taste. All parts of celery are edible. Stalks can be enjoyed raw or cooked. Fresh celery leaves add zest to soups and are used to season dishes. Finally, celery seeds produce delicious sprouts. Celery is also known as a "bunch of celery" because it has 10 to 12 individual pale green stalks. The stalks are crunchy and U shaped, great for filling.



How does celery grow?

Celery is a cool-weather crop that needs a long growing season, 16 weeks of cool weather, to come to harvest. Celery stalks grow in tight, straight bunches. Celery has thick, well-developed roots with a short, compact crown above. From the compact crown, leaf stalks emerge. Celery can reach a height of 1 metre or 3.3 feet.

Producepedia.com Celery: How it's Grown
https://www.youtube.com/watch?v=fMwTo_f0Sh4

Where did celery come from?

Celery farming started 3000 years ago in the Mediterranean region. Celery was first grown as a medicinal plant. Today, celery can be found all over the world. Local celery is in season from July to October, but celery is available all year round.

Joke Corner

Q: What did the celery say to the carrot?

A: You've got a point.

Q: How do you sneak up on celery?

A: You stalk it.

Did You Know?

- Celery is 95% water. Beat the heat with celery in the summertime and eat up.
- If you can't brush, nibbling on celery stalks helps clean your teeth and mouth after a meal!

Rainbow Celery Experiment from Growing Chefs

Learn about capillary action with this simple and colorful celery experiment. This experiment allows students to see how the stem (also called a stalk or leaf stalk) of a celery plant carries water and nutrients all the way from its roots up to the leaves of even the tallest of plants. You can also help explain the circulatory system and "capillary" action in the body in the same way. The small "vessels" in the celery stalks carry the water and color to the leaves, like the way blood travels through your body carrying nutrients and oxygen to all cells.

<https://www.growingchefs.ca/blog/2020/5/11/how-plants-grow-celery-experiment>

