

Celery



Selecting

The most common variety of celery found in stores is the bright green Pascal type.

You can also find Chinese celery available in Asian grocery stores. This variety is has noticeably longer, thinner stalks and has more leaves than the Pascal type. The taste is also stronger than regular celery, and so Chinese celery is most often used for cooking.

Look for firm tight, blemish-free stalks that will “snap” when you pull them apart. Never

choose limp or rubbery celery. The darker the colour of the celery, the more bitter the taste will be.

Storing

Keep celery in a closed plastic bag in the crisper. Celery can keep fresh in the fridge for a week or so. Only freeze celery that you intend to cook.

Preparing

Wash celery thoroughly using a vegetable brush to remove any dirt. Trim at both ends but keep the celery leaves for use in soups, stocks.

Eating

Celery can be eaten raw or cooked. It adds crunch to egg, tuna or chicken salad. Kids love celery stuffed with peanut butter or cheese. It works great in a dip and adds lots of flavour to soups and stews.

Seasonality

Local celery is in season from July to October but celery is available all year round.

Nutrition

Celery is low in calories. One stalk has about 6 calories.

Celery is rich in Vitamin K and is a source of Folate. Vitamin K is probably best known for its role in forming blood clots to prevent uncontrolled bleeding. It also plays a supporting role in maintaining bone health. Folate aids in red blood cell formation.

Celery is also filled with antioxidants.



Try this tasty salmon on veggie and leek lentils for an easy weeknight dinner.

www.halfyourplate.ca/recipe/salmon-on-veggie-and-leek-lentils/

