



Celery

With their soft, sweet, and slightly tart flesh with crunchy little black seeds, kiwi fruit are unique and delicious.



Nutrition

- Nutritionally, a large stalk of celery contains 10 calories, 2g carbohydrate, 1g fiber, and vitamins and minerals, including vitamin A and a number of B vitamins, potassium, phosphorus, and magnesium.
- Like many vegetables, celery is not a significant source of sodium, fat, or protein.



Price

- Fresh celery costs \$1.09 per pound on average. Pound for pound, pre-cut celery will typically cost more than whole heads.

Based on fruit and vegetable prices from U.S. Department of Agriculture



Shopping

- Look for fresh heads of celery that are deep green in color. Stalks should be firm, and any attached leaves should be full, without signs of wilting. Avoid stalks that are limp or showing signs of damage.
- If your store sells pre-cut celery, look for signs that the celery is still firm and not turning yellow or white.
- Celery may also be pre-cut in the freezer case, either alone or with other vegetables, which makes a great convenience food.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



College of Agricultural, Consumer and Environmental Sciences
University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.



Celery



Storage

- Celery keeps good quality in the crisper drawer of your refrigerator. With its high water content, celery loses moisture quickly, so it will keep for 1 week, maybe a week and a half.
- Rehydrate limp celery by cutting a small section off the bottom of the stalk and soaking in water.



Eat

- Celery is rarely the star of a recipe. Instead, it often plays a supporting role. Raw celery adds crunch. Cooked celery adds a mild flavor.



Preparation

- From a whole head of celery, pull off as many stalks as needed. Wash and cut into desired size pieces. The leaves are edible, or remove them if you prefer.
- **Preserve**
 - Find steps for freezing celery at home at the National Center for Home Food Preservation: nchfp.uga.edu.
 - While there are no tested recipes for canning celery on its own, there are some recipes using celery as an ingredient from NCHFP, such as Tomato and Vegetable Juice Blend, Pickled Three-Bean Salad, and Barbecue Sauce.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN