

# CELERY

Celery contains many vitamins and minerals, including...

- Vitamin K
- Folate
- Potassium
- Fiber
- Vitamin B2
- Manganese
- ...and more!

Celery can be enjoyed many ways!

- Try it raw, dipped in hummus or dressing.
- Chopped and added to salads.
- Add peanut butter to the middle section and top with raisins for a sweet, protein-packed treat!

**Celery is about**

**95%**

**water!**



Celery was harvested as early as 1000 B.C. in parts of the Mediterranean and Europe.

There are **two** types of celery:

- *Yellow*, or self-blanching celery
- *Green*, or Pascal, which is the **most popular** celery in the United States.

**Did you know...?**

- Celery is **very** low in calories, with only **16 calories** in 1 cup!
- It is estimated that the average U.S. adult eats **6 POUNDS** of celery each year!
- Green celery can grow from 18 to 24 inches tall!