

## MARCH – Featured Vegetable: CELERY



CLEAN. CUT. EAT.



(how easy is that?)



**Hello, I'm Sam Celery and I've been around for nearly 3,000 years!**<sup>1</sup>

Because of my green color, I'm also known as 'Pascal,' or green celery. You know, celery is crunchy, sweet and tastes great when eaten raw. That's why it makes a way-cool snack AND is fun to eat! No wonder celery is so popular.

So are you ready to come along with me on an exciting celery adventure? Let's have fun exploring all the cool stuff about celery.

## Facts

Celery belongs to the same family of plants as carrots, parsley, fennel, caraway and anise.

The name 'celery' comes from the French name 'celeri.'

Celery is the second most important salad crop in the nation.

Celery is available year-round.

Celery is a good source of vitamin C and potassium.

Celery is low in calories: 2 medium stalks have only 20 calories.

## History

While it's not known who discovered celery, it has been around for almost 3,000 years.

Celery is from the Mediterranean countries.

The ancient Greeks and Romans used celery as a medicine and not as a food. Celery was also used by the ancient Greeks as an award in sports contests.

1623: The first use of celery as a food was recorded.

1806: While it's not known when celery first came to America, records from 1806 listed four varieties grown in the United States.

1874: Green-colored Pascal celery was first grown in Kalamazoo, Michigan.

Present: For more than 120 years, celery has been grown commercially in the United States.

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Source: <sup>1</sup>Dole 5 A Day. [www.dole5aday.com](http://www.dole5aday.com)

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## Where Grown

In the United States, California grows the most celery.

Celery brought into the United States marketplace from other countries comes from Canada, Mexico or Guatemala.

## Types

There are two main types of celery: Pascal and Golden Heart. Pascal celery, also known as green celery, is the most popular among Americans.

**Pascal celery**, developed through research, is less stringy and more tender than older varieties of celery

**Green celery** makes a perfect snack and tastes great when eaten raw. Next time you and your family want a delicious snack, try a few stalks of crunchy celery!

## Nutrients

- A good source of vitamin C