

BUY FRESH - BUY LOCAL

Food of the Week: Celery

It is not known who discovered celery but it has been around for almost 3,000 years. The oldest record of the word celery is in a 9th-century poem written in France or Italy, speaking of its medicinal uses. In the 16th century people in Italy and northern Europe began growing celery in gardens but it was still only used for medicinal purposes.

The use of celery for food was first recorded in France in 1623. Yet for about 100 years it was only used to flavor foods. By the 17th century, the stalks and leaves were occasionally eaten with an oil dressing. In the late 17th century improvements of the wild type were first seen - one being eliminating the too-strong flavor of the wild type. It is not known what colonists brought the celery plant to America, or when, but four cultivated varieties were listed here in 1806.

Celery is available year-round with little seasonal variation in supply. When selecting celery choose stalks with fresh leaves and firm crisp stalks. Light green stalks tend to taste best. Dark green stalks have more nutrients but tend to be stringy. Use a vegetable peeler to trim the strings. At home wrap celery in plastic and use within two weeks. Keep the celery away from the coldest parts of the refrigerator-with its high water content it freezes easily. Cooked celery may be refrigerated for up to 5 days. One medium bunch of celery yields 4-6 servings.

Because of its high water content, celery has very few calories: an 8-inch rib contains just 6 calories. Yet it provides a good amount of potassium and Vitamin C, and some insoluble fiber. Nutritional Information (per 1 cup chopped): 20 calories, 1 g protein, 4 g carbohydrate, 2 g dietary fiber, 0.2 g fat, 0 g cholesterol, 104 mg sodium, 344 mg, potassium, 8 mg Vitamin C

BUY FRESH - BUY LOCAL

Food of the Week: Celery

It is not known who discovered celery but it has been around for almost 3,000 years. The oldest record of the word celery is in a 9th-century poem written in France or Italy, speaking of its medicinal uses. In the 16th century people in Italy and northern Europe began growing celery in gardens but it was still only used for medicinal purposes.

The use of celery for food was first recorded in France in 1623. Yet for about 100 years it was only used to flavor foods. By the 17th century, the stalks and leaves were occasionally eaten with an oil dressing. In the late 17th century improvements of the wild type were first seen - one being eliminating the too-strong flavor of the wild type. It is not known what colonists brought the celery plant to America, or when, but four cultivated varieties were listed here in 1806.

Celery is available year-round with little seasonal variation in supply. When selecting celery choose stalks with fresh leaves and firm crisp stalks. Light green stalks tend to taste best. Dark green stalks have more nutrients but tend to be stringy. Use a vegetable peeler to trim the strings. At home wrap celery in plastic and use within two weeks. Keep the celery away from the coldest parts of the refrigerator-with its high water content it freezes easily. Cooked celery may be refrigerated for up to 5 days. One medium bunch of celery yields 4-6 servings.

Because of its high water content, celery has very few calories: an 8-inch rib contains just 6 calories. Yet it provides a good amount of potassium and Vitamin C, and some insoluble fiber. Nutritional Information (per 1 cup chopped): 20 calories, 1 g protein, 4 g carbohydrate, 2 g dietary fiber, 0.2 g fat, 0 g cholesterol, 104 mg sodium, 344 mg, potassium, 8 mg Vitamin C

BUY FRESH - BUY LOCAL

Food of the Week: Celery

It is not known who discovered celery but it has been around for almost 3,000 years. The oldest record of the word celery is in a 9th-century poem written in France or Italy, speaking of its medicinal uses. In the 16th century people in Italy and northern Europe began growing celery in gardens but it was still only used for medicinal purposes.

The use of celery for food was first recorded in France in 1623. Yet for about 100 years it was only used to flavor foods. By the 17th century, the stalks and leaves were occasionally eaten with an oil dressing. In the late 17th century improvements of the wild type were first seen - one being eliminating the too-strong flavor of the wild type. It is not known what colonists brought the celery plant to America, or when, but four cultivated varieties were listed here in 1806.

Celery is available year-round with little seasonal variation in supply. When selecting celery choose stalks with fresh leaves and firm crisp stalks. Light green stalks tend to taste best. Dark green stalks have more nutrients but tend to be stringy. Use a vegetable peeler to trim the strings. At home wrap celery in plastic and use within two weeks. Keep the celery away from the coldest parts of the refrigerator-with its high water content it freezes easily. Cooked celery may be refrigerated for up to 5 days. One medium bunch of celery yields 4-6 servings.

Because of its high water content, celery has very few calories: an 8-inch rib contains just 6 calories. Yet it provides a good amount of potassium and Vitamin C, and some insoluble fiber. Nutritional Information (per 1 cup chopped): 20 calories, 1 g protein, 4 g carbohydrate, 2 g dietary fiber, 0.2 g fat, 0 g cholesterol, 104 mg sodium, 344 mg, potassium, 8 mg Vitamin C

**Recipe of the Week:
Practically Perfect Spring Salad
and Dressing**

Makes 4 servings

Ingredients:

½ cup celery, diced
1 cup seedless grapes
1 (15 oz) can small white beans, drained
Lemon Mustard dressing (below)
Lettuce leaves

Combine all ingredients with dressing except lettuce; mix well. Serve on lettuce leaves.

Lemon Mustard Dressing

Makes ¼ cup

Ingredients:

2 tablespoons canola oil
2 tablespoons lemon juice
1 tablespoon Dijon-style mustard
¼ teaspoon pepper

Combine ingredients and mix well.

Nutritional Information (per ½ cup serving): 163 calories, 6 g protein, 24 g carbohydrate, 5.7 g dietary fiber, 7.8 g fat (0.5 g saturated fat), 468.5 mg sodium, 0 mg cholesterol, 8.8 g Vitamin C

IOWA STATE UNIVERSITY
University Extension

Helping lowans become their best.

**Recipe of the Week:
Practically Perfect Spring Salad
and Dressing**

Makes 4 servings

Ingredients:

½ cup celery, diced
1 cup seedless grapes
1 (15 oz) can small white beans, drained
Lemon Mustard dressing (below)
Lettuce leaves

Combine all ingredients with dressing except lettuce; mix well. Serve on lettuce leaves.

Lemon Mustard Dressing

Makes ¼ cup

Ingredients:

2 tablespoons canola oil
2 tablespoons lemon juice
1 tablespoon Dijon-style mustard
¼ teaspoon pepper

Combine ingredients and mix well.

Nutritional Information (per ½ cup serving): 163 calories, 6 g protein, 24 g carbohydrate, 5.7 g dietary fiber, 7.8 g fat (0.5 g saturated fat), 468.5 mg sodium, 0 mg cholesterol, 8.8 g Vitamin C

IOWA STATE UNIVERSITY
University Extension

Helping lowans become their best.

**Recipe of the Week:
Practically Perfect Spring Salad
and Dressing**

Makes 4 servings

Ingredients:

½ cup celery, diced
1 cup seedless grapes
1 (15 oz) can small white beans, drained
Lemon Mustard dressing (below)
Lettuce leaves

Combine all ingredients with dressing except lettuce; mix well. Serve on lettuce leaves.

Lemon Mustard Dressing

Makes ¼ cup

Ingredients:

2 tablespoons canola oil
2 tablespoons lemon juice
1 tablespoon Dijon-style mustard
¼ teaspoon pepper

Combine ingredients and mix well.

Nutritional Information (per ½ cup serving): 163 calories, 6 g protein, 24 g carbohydrate, 5.7 g dietary fiber, 7.8 g fat (0.5 g saturated fat), 468.5 mg sodium, 0 mg cholesterol, 8.8 g Vitamin C

IOWA STATE UNIVERSITY
University Extension

Helping lowans become their best.