



HARVEST OF THE MONTH

JULY 2021

CELERY



FAST FACTS



Celery is great for digestion because it is almost 95% water and is high in fiber.



Celery is rich in vitamins A and C as well as minerals like potassium and folate. It is also low in sodium!



Celery is a great snack for diabetics! It is low on the glycemic index which means it has a slow, steady effect on blood sugar.



Did you know the entire celery plant is edible? For example, celery leaves can be added to salads or soups for a boost of calcium, potassium and Vitamin C.

VARIETIES

Leaf Celery

This celery has a thin stock and is grown for its aromatic leaves and seeds.

Golden Boy Celery

This celery has golden colored stalks that turn white when blanched. This variety is kept well buried or tightly wrapped to stop sunlight from getting to it.

Pascal or Green Celery

The most common variety grown in the U.S., pascal celery thrives in long, cool climates.

Celeriac

Grown for its delicious root that should be peeled then eaten raw or cooked.

IDEA FARM

IDEA Farms are working hard over the summer months to have a plentiful harvest for students when they return in August!



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