




# 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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## RECIPE ANTS ON A LOG

A crunch, nutritious snack that the kids can help prepare!



Qty	<u>SALAD INGREDIENTS</u>
3 stalks	Celery. Washed & trimmed.
¼ cup	Peanut Butter, or nut free butter
30	Raisins
	Optional
6 each	Whole grain animal crackers

### Instructions:

- 1 Cut washed and trimmed celery stalks in half.
- 2 Using a teaspoon or butter knife, spread the peanut butter in the middle of the celery.
- 3 Add raisins to represent the “ants”.
- 4 Add one or two animal crackers (Optional)

Fun tip #1 Sprinkle cinnamon on your peanut butter or unsweetened cocoa powder for a little extra flavor!

Fun tip #2 Kids can help with spreading peanut butter and adding raisins to their own log.





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COLORING ACTIVITY

## CELERY





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## WORD SEARCH

Search for the words below :



JULY	ROOT	GROUND	LEAVES
VITAMINS	MINERALS	SUNSHINE	NUTRITIOUS
POTASSIUM	WATER	FIBER	SOLUBLE
INSOLUBLE	GREEN	WHITE	VARIETY

S E V A E L G E S P B T X F J E A S K W U D F R F  
 N W Q G B L N A F N O O Y F O U M X M A P I B O K  
 E U U K N I B U P L I T X B B G L U J T B N T O M  
 E L B A H D I U A F I M A A U Q Y Y G E Y C C T W  
 R C T S Z J J Q L D S P A S V W M K R R L M S W O  
 G R N L R Y C S O O F X G T S N U T R I T I O U S  
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 S S F T I G J C L E P N V M C V U K H H W C T V F  
 U L O V Q V E U U W Q O I Z G Q K M M W L B P L R  
 U A R A I T A K S D M Z E E Z F H R T P G Z Z Y Z  
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 B E R H B P M D Y H S U N Z Q J X Y O Y V D R U V  
 S N W K C P Y O F J M J Y W S K C U Y P R P V R H  
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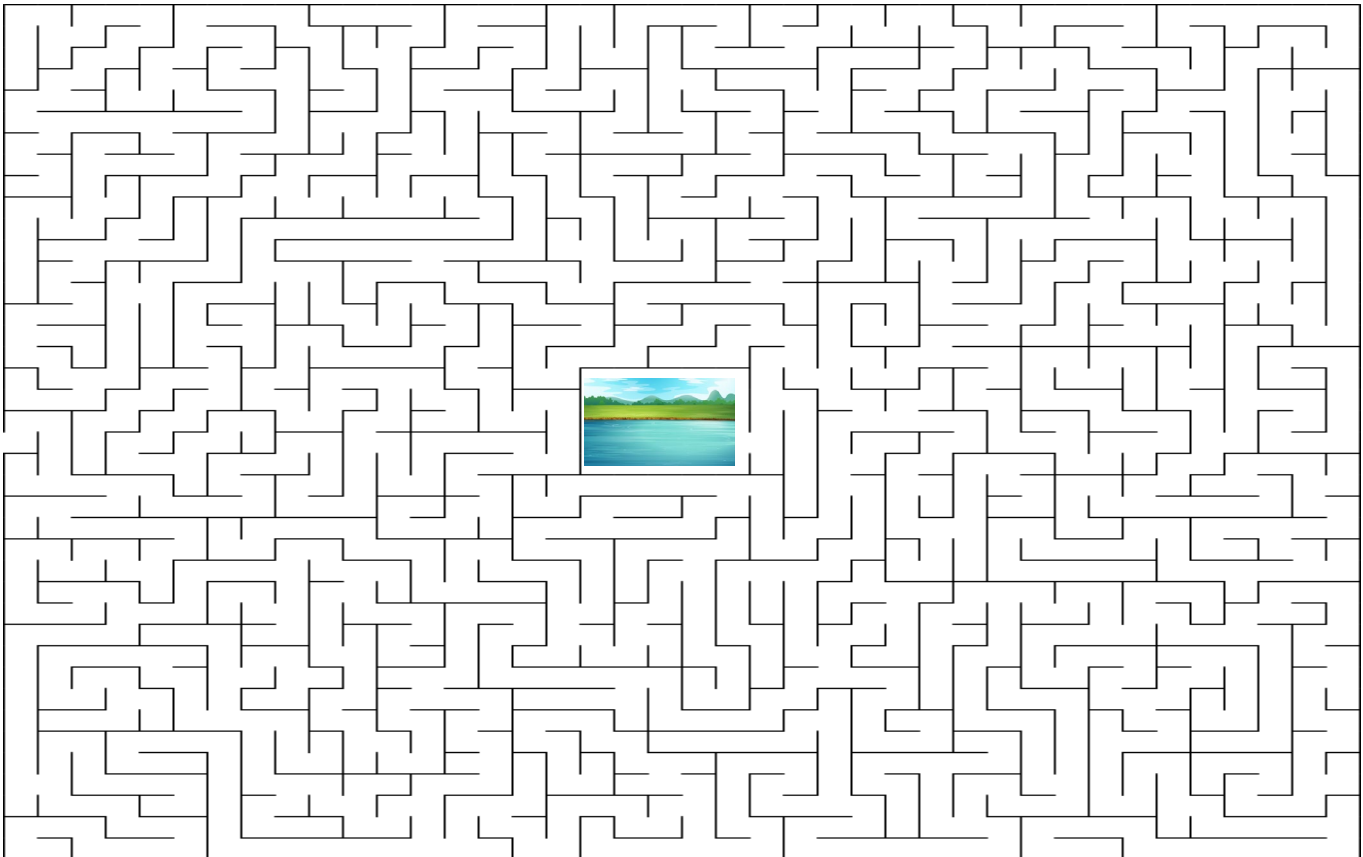


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## MAZE

Help Emory Celery find her way to the lake!





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### WORD SCRAMBLE

Unscramble the CELERY related words! Answer key below.

	SCRAMBLED WORD	CORRECT WORD
1.	LJYU	_____
2.	ROTO	_____
3.	GONURD	_____
4.	ELVASE	_____
5.	MIVAISNT	_____
6.	MRENISAL	_____
7.	IENHSSNU	_____
8.	SOTUUNTRII	_____
9.	ISPTSMAUO	_____
10.	ERAWT	_____
11.	RFIEB	_____
12.	OLESUBL	_____
13.	LSNUIOELB	_____
14.	RGNEE	_____



1	JULY	8	NUTRITIOUS
2	ROOT	9	POTASSIUM
3	GROUND	10	WATER
4	LEAVES	11	FIBER
5	VITAMINS	12	SOLUBLE
6	MINERALS	13	INSOLUBLE
7	SUNSHINE	14	GREEN