



Try the February Harvest of the Month! Celery



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IDEA Child Nutrition Program February 2024 Harvest of the Month Recipe

Creamy Celery Soup



INGREDIENTS

- 2 tbs olive oil
- 1/3 c flour
- 1/2 yellow onion, sliced
- 3 c vegetable stock
- 3 cloves garlic, chopped
- 1 c shredded mozzarella cheese
- 6-8 celery stalks, chopped
- Salt + Pepper to taste

STEPS

1. Heat a pot to medium high heat and add 2 tbs of olive oil
2. Add in sliced onions and sauté for about 3 minutes, until it is translucent.
3. Next, add garlic and continue stirring for another minute, until garlic is fragrant.
4. Add celery and salt and pepper to the pot and cook for another 5-7 minutes to allow the celery to begin softening.
5. Once the celery has started to soften, stir in the flour to coat the vegetables and pour in the vegetable stock.
6. Stir to combine all ingredients then carefully pour into a blender and let this cool down for a few minutes.
7. After ingredients have had time to cool down a bit, turn on the blender and blend until smooth.
8. Transfer your pureed veggies back to the pot along with the cheese and bring it back to a simmer. Stir frequently to prevent any sticking.
9. After about 5 minutes of simmering, the soup is ready to enjoy.
10. Optional: top with more cheese, serve with croutons or bread



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Celery

VARIETIES

MARBLE BALL



This variety is mostly used for its root. The roots are used for flavoring soups, vegetable stock, in roasted vegetables and also used for celery powder.

PINK PLUME



This variety has slender stems that range in color from vivid pink to burgundy blush. It has a sweet flavor, with notes of anise that tastes delicious raw or cooked.

UTAH



This variety grows in bundles that are almost a food in diameter! It grows well in cold or hot climates. It is great in soups, stews, or eaten fresh.

Celery FAST FACTS

Be extremely careful with those who are allergic to celery! Celery, like peanuts, is a food that can provoke severe allergic reactions in people.

The town of Celeryville, Ohio was founded by celery farmers in the 19th century. The town has now moved on to growing other crops.



Celery should be eaten within 7 days of being purchased. After 7 days, the antioxidants in celery will disappear. Need recipe ideas? Try our Creamy Celery Soup Recipe.

With health benefits like being a good source of Vitamin K and low in calories, it makes sense that Americans eat about 6 pounds of celery every year!

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2025 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

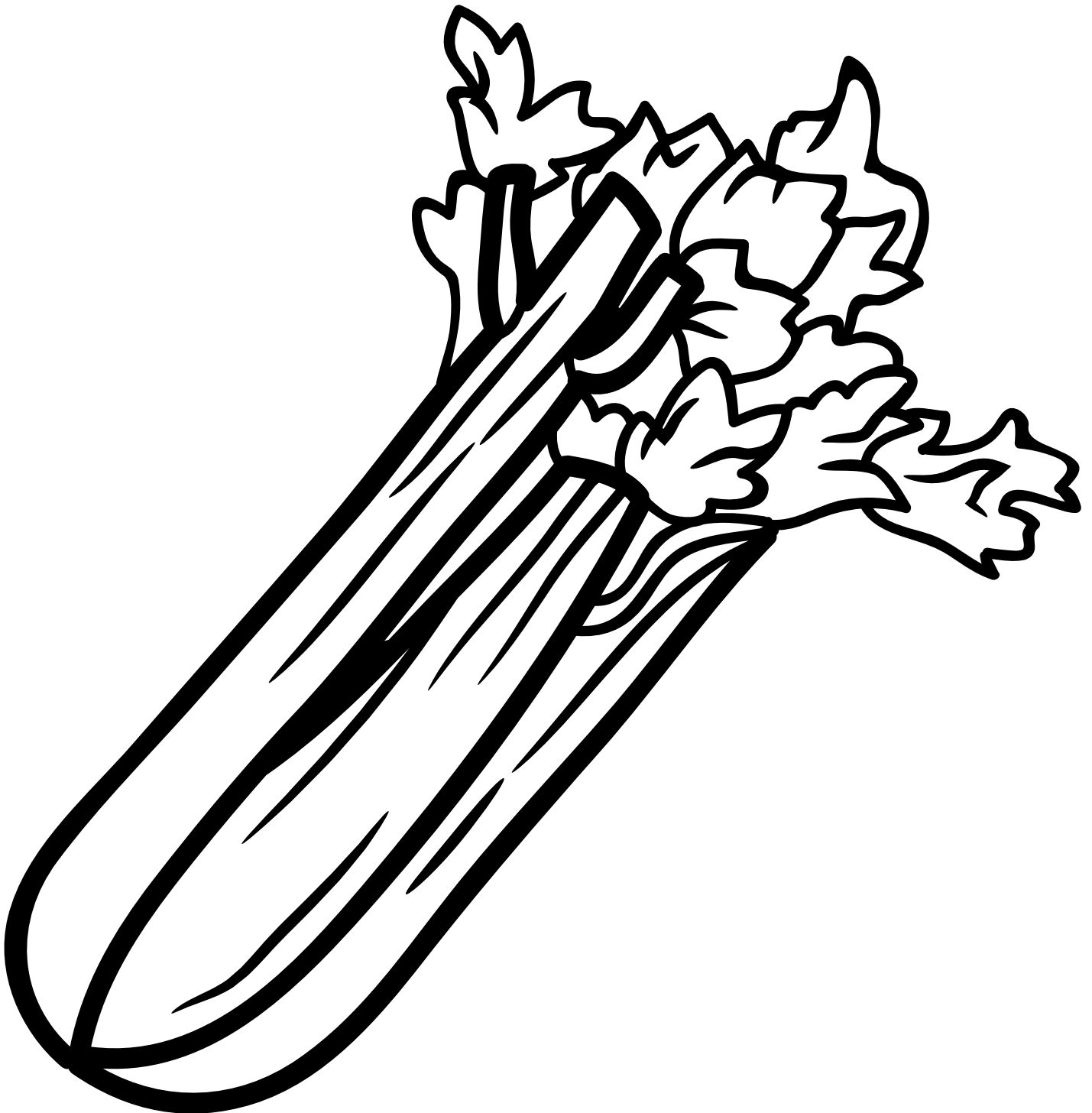


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Coloring Activity



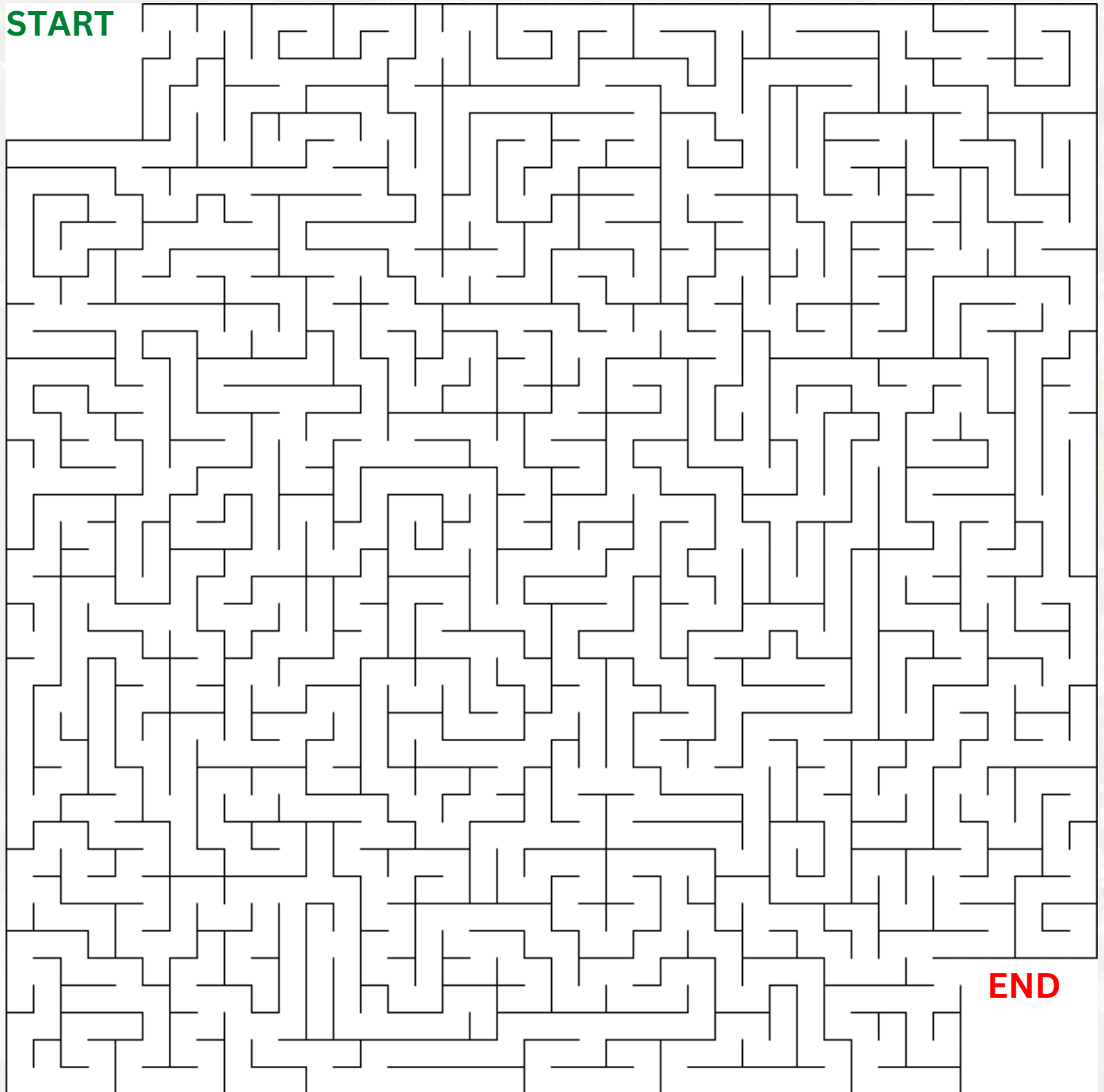


IDEA Child Nutrition Program February 2024 Harvest of the Month

Maze

Directions:
Find your way to the end of the Maze!

START



END



IDEA Child Nutrition Program February 2024 Harvest of the Month

Word Search

Directions:

- Find the Celery related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

CELERY
FEBRUARY
HARVEST
TANGO

FARM
UTAH
CONQUISTADOR
GOLDEN

PASCAL
CRUNCHY
VARIETIES
NUTRITIOUS

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



IDEA Child Nutrition Program February 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Celery Related Words!

Scrambled Word

Unscrambled Word

1. ERYECL
2. EFRUAYBR
3. VSHAERT
4. NGAOT
5. RFAM
6. AUTH
7. CNIUTOSADQRO
8. NEGOLD
9. LASCAP
10. UHCRNCY
11. TIRAEVIES
12. NIORITTSUU

ANSWER KEY

- | | | |
|-------------|-----------------|----------------|
| 1. CELERY | 5. FARM | 9. PASCAL |
| 2. FEBRUARY | 6. UTAH | 10. CRUNCHY |
| 3. HARVEST | 7. CONNOISTADOR | 11. VARIETIES |
| 4. TANGO | 8. GOLDEN | 12. NUTRITIOUS |

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