

## Celery







# Hey kids, become a FOOD EXPLORER and check this out!



#### Did you know...?

- Smallage is the name for the wild form of celery. It was used for medicine in ancient times.
- The seeds of celery can be used as a spice.
- Celery seeds are so tiny that only one ounce of seed is needed to plant an entire acre of celery.
- The winners of athletic games in ancient Greece were rewarded with a bouquet of celery.
- Celery was first used in Italy in the 16th century.

### **DELICIOUS AND NUTRITIOUS**

Celery is low in calories and is a good source of dietary fiber.

#### **A SUPER SNACK IDEA**

Chop celery in half and fill it with peanut, sunflower, or coconut butter. Add dates, raisins, or any topping you like.

#### **CELERY HUMOR**

Why did the chef quit? They cut his celery!

#### **UMassAmherst**

Extension Nutrition Education Program

#### For healthy recipes and low-cost tips, visit our website at ag.umass.edu/nutrition.

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