



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

Celery



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!