Nutrition Facts:
Serving Size = 8 inch stalk
- Calories = 6
- Proteins (g) = 0.3
- Carbohydrates (g) = 1.5
- Fiber (g) = 0.7
- Fat (g) = 0
- Vitamin C (mg) = 2.8
- Potassium (mg) = 114

Celery is a good source of fiber, potassium and vitamin C.

Celery dates back almost 3,000 years and was used to flavor foods as far back as the 16th century. Today it’s one of the leading salad crops in the U.S.

Celery is primarily eaten for its flavor and crispness. Nutritionally, it doesn’t provide much benefit but is often eaten by people trying to lose weight because of its ability to fill them up with minimal calories. You actually use more calories chewing celery than are contained in a single stalk!

Celery is difficult to grow in Wisconsin because it has very specific temperature, soil and water requirements.

In addition to the common Pascal celery, there is also an Asian or Chinese celery that is tall and skinny with stalks between the size of parsley and celery.

What to Look for When Purchasing
Select celery that is light green in color, firm, compact, and well-shaped. Avoid purchasing celery with bruises or discolored areas on the stalks.

Storage Tips
Refrigerate celery immediately to preserve its crispness. Wrap in moist paper towels or store in a plastic bag. Celery can also be cut into smaller pieces and stored in a tray of water.

Celery leaves can be dried and used as a seasoning for soups and stews.

Cooking Tips
Celery is often used in soups, stews, stir-fries, and salads.

Uses
- Raw with dips.
- Braise celery with garlic, herbs and olive oil with a little chicken stock
- Soup with potatoes, chicken broth, and leeks
- Diced into potato, chicken, tuna, or egg salads

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