

HARVEST OF THE MONTH: CELERY



NUTRITION FUN FACTS:

- Celery is a good source of Vitamin C, which is important for immune function and keeping bone, skin, and joints healthy.
- Celery is high in Vitamin K, which is important for making your blood clot properly.

Fun snack ideas!

HOW TO EAT CELERY:

1. Dip celery in hummus, peanut butter, or salad dressing for a healthy snack!
2. Dip celery in a creamy soup as a low-calorie replacement for saltine soup crackers!
3. Make ants on a Log! Fill a portion of celery with peanut butter and put raisins on top for a fun snack for everyone!

Pick the yummiest!

THINGS TO LOOK FOR:

1. Choose straight, rigid celery stalks that have fresh leaves. Avoid limp stalks.
2. Celery should smell fresh, not musty.
3. Store celery in a plastic bag and place in the refrigerator for a week or more. Dispose once stalks become limp.

BEST TIME TO EAT:

YEAR-ROUND



UNC Center for Health Promotion and Disease Prevention

RECIPE: WALDORF PEAR SALAD

DIRECTIONS

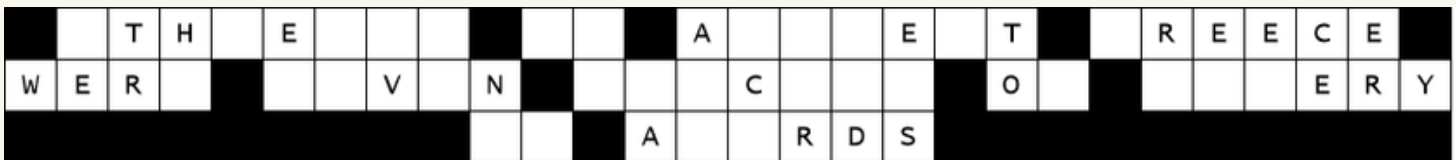
1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.

INGREDIENTS

- 1/4 cup chopped walnuts
- 2 apples (cored and diced)
- 1 cup diced celery
- 1/2 cup raisins
- 1/4 cup plain yogurt, non-fat
- 1/2 teaspoon sugar
- 1 teaspoon lemon juice

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/waldorf-salad>

ACTIVITY: CELERY CELEBRATION!



T E S B W N H I
A E L G I E S A I N U N A C E S N F G C E L

Try to rebuild the message

The letters from each cell are below the puzzle.

Try to rebuild the original message by choosing the letters for each cell.

Answer: Athletes in Ancient Greece were given bunches of celery as awards