



Harvest of the Week

Volume 1, Issue Celery

Health and Learning Success

Healthy eating, physical activity and successful school performance go hand in hand. Increase your child's potential by encouraging them to eat the recommended amount of fruits and vegetables and to get moving everyday.

Let's Get Physical!

Crank up the tunes and dance! Dancing is a great way to get your heart pumping and give your body a workout. Take turns which family member picks out the tunes.

Got two left feet? Try twisting to the music to work core muscles.

Fun Facts

"Mr. Celery" runs onto the Wilmington Blue Rocks minor league baseball field when the team scores a run.

Did you know there is a Celeryville, Ohio?

The wild form of celery is called *smollage*.

Celery was first used as medicine before it was consumed as food.

Celery

HELP YOUR CHILD EAT HEALTHY

- Eat like the dinosaurs—enjoy celery and carrot *sticks* and broccoli *trees* with tasty Dinosaur Dip or "snow", aka Fat-Free Ranch Dressing.
- You can even eat some leaves! Instead of throwing away celery leaves, use them in soup, stuffing, other cooked dishes or salad.
- Add some crunch to tuna or chicken salad by mixing together chopped celery, mayo and tuna or chicken.
- Peanut butter always pairs great with celery!



ANTS ON A LOG

Makes 6 servings (1/2 cup each)

Ingredients:

- 4 celery stalks
- 1/2 cup peanut butter
- 1/4 cup raisins



Directions:

1. Wash celery stalks and pat dry.
2. Cut each stalk in half.
3. Spread about 1 tablespoon of peanut butter into each celery stalk half.
4. Sprinkle with raisins.
5. CRUNCH and enjoy!

PRODUCE TIPS

- Select tight, compact celery bunches with straight, rigid stalks that snap easily when pulled apart.
- Look for pale to bright green stalks, free of yellow or brown patches.
- Celery should smell fresh, not musty.
- Refrigerate in plastic bag for at least a week.

HealthWise

Recommended daily amount of fruits and vegetables:

	Children, Ages 5-13	Teens and Adults
Fruits	1 – 1 ½ cups	1 ½ – 2 cups
Veggies	1 ½ – 2 ½ cups	2 ½ – 3 cups

Needs vary based on age, gender and activity level.
Visit: www.ChooseMyPlate.gov for more information.

Celery Nutrition Facts	
Serving Size	2 medium stalks
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 115mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 0g	
Vitamin A 10%	Vitamin C 15%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	