



Celery

Celery has been grown commercially in the United States since about 1880. Celery belongs to the same plant family as carrots, parsley, fennel, caraway, and anise.

California and Florida are the two leading celery producing states, but celery is also grown in many other states in the eastern and western United States. Celery is available all year, but its peak season is November through May.

Celery plant holds just 16 calories per 100 g of leaves and together with numerous health

benefiting phyto-nutrients such as flavonoids, folate, vitamin-A, vitamin-K, minerals and other vitamins, has all the characters to consider it as one of the most valuable low calorie or negative calories weight loss functional foods. The most desirable celery is of medium length, thickness, and solidity. The stalks should be brittle enough to snap easily. Pithy or stringy celery is not good to eat and probably has less vitamin and mineral content.