

SNACKBITE



Celery

- Requires a long, cool growing season. Most celery in the US is produced in California and Michigan.
- Celery is also known as "bunch of celery" because it consists of 10 to 12 individual pale green stalks.
- 95% of the stalk is water! Rigid cells hold this water in, but when you bite they burst open giving a crisp, crunchy sound.
- Celery was used as ancient "bouquet of flowers", to reward winners of athletic games in the Ancient Greece.
- US consumers use an average of 5 lbs of celery per person each year.
- It is a good source of Vitamin K. This will help build up stronger bones. It also helps wounds heal if you get any cuts or scrapes.
- Celery was originally used as medicine to treat toothache, sleeplessness, anxiety, and inflammation.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.