

# The Double Scoop on this Week's Snack!

# Stalk Celery

## CRUNCH TIME...

WHAT GIVES CELERY STALKS THEIR 'CRUNCH'? THE SAME THING THAT HELPS THEM GROW STRAIGHT AND TALL — TOUGH CELL WALLS. EVERY PART OF A CELERY PLANT IS EDIBLE, EVEN THE TINY SEEDS THAT ARE ABOUT THE SIZE OF THESE DOTS ....

## LEARN TO DO BY DOING— THAT'S THE 4-H MOTTO!

What does 4-H have to do with celery? Showing dairy cows, chickens, or horses and pumpkin competitions are just a part of the fun things 4-H members do. Since kids are interested in many different things, 4-H offers lots of clubs for kids to choose from. Have you ever wanted to know how a tractor works, or how to fix a bicycle? There are clubs for kids who are interested in creative arts, the environment, machinery, animals, and even gardening! Members in the Agriculture Awareness Club learn about the importance and diversity of agriculture in BC, where certain foods come from, and the people involved in their production.

4-H members grow a food crop, like celery, in a garden, field, or a container to learn basic principles of growing food from seeds, and all about soil, fertilizer, sun, and even pests and weeds. They learn about agriculture through practicing their own good farming techniques.

There are 4-H clubs for older kids to participate in activities like communications and leadership training or community service projects. Senior 4-H members (13 to 19 years of age) attend camps and conferences or apply for national or even international exchanges. They earn high school credits for their project work and can even qualify for scholarship and bursary awards to help them with their education.

**What does 4-H stand for?** Head, heart, hands and health. Every 4-H member pledges these four things to their club, community and country – all by having fun!



**My HEAD to clearer thinking,  
My HEART to greater loyalty,  
My HANDS to larger service,  
My HEALTH to better living,  
For my Club, my Community  
and my Country.**

4-H clubs are an important part of our farming heritage. In 2014, BC 4-H celebrated its 100th anniversary. In that first year, 200 members participated in either potato growing or poultry breed competitions. Today almost 3,000 young people and volunteers across the province take part in hundreds of different programs.

NOTHING!

WHAT RHYMES WITH CELERY?



BC 4-H member Ethan and his goat with mascot Frisco Fox



CELERY IS FROM THE SAME PLANT FAMILY AS CARROTS, PARSLEY AND FENNEL.

**STALK CELERY IS A FIELD CROP.** Farmers start the plants indoors in nurseries, and when established place them side by side in small trenches in fields. Three months later the celery is harvested by hand. To keep the stalks together each bunch is cut just below the soil line at the top of the root ball. Stalk celery is shipped from the farm and sold in bunches – it stays fresher that way.

**ONE BUNCH = ABOUT 10 STALKS OF CELERY**



## Rainbow Celery

CELERY IS A 'VASCULAR' PLANT MEANING IT TRANSPORTS WATER INTERNALLY. THE THIN THREADS, OR SPINES, THAT RUN ALONG THE OUTER EDGE OF THE STALK ARE VESSELS THAT CARRY NUTRITION UP THE PLANT TO ITS LEAVES – MUCH THE SAME WAY THAT BLOOD TRAVELS THROUGH YOUR BODY. TRY OUR EXPERIMENT TO SEE HOW THIS WORKS...

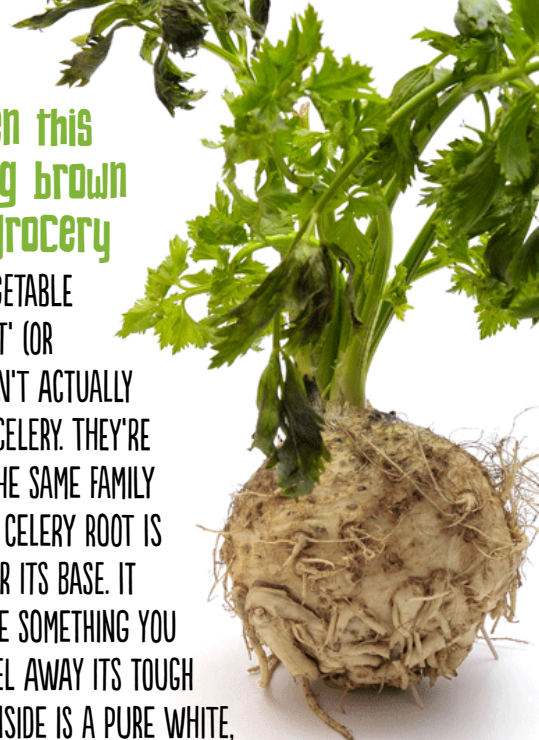
**materials:** CLEAR GLASS JARS, FRESH CELERY STALKS WITH LEAVES, FOOD COLOURING (BLUE, RED, GREEN, YELLOW, ORANGE), PAPER TOWELS

### Steps:

1. SEPARATE STALKS OF CELERY WITH LEAVES (USE THE LIGHTER STALKS NEAR THE CENTRE OF THE BUNCH). CUT ABOUT 2 CM OFF THE BOTTOM OF EACH.
2. FILL JARS ABOUT HALFWAY WITH WATER AND ADD 3 TO 4 DROPS OF FOOD COLOURING TO EACH JAR (ONE COLOUR/JAR).
3. PLACE A STALK INTO EACH JAR AND GENTLY STIR.
4. OBSERVE WHAT HAPPENS OVER THE NEXT 24 HOURS. AFTER 2 DAYS CUT THE BOTTOM OF EACH STALK TO SEE WHERE THE WATER WAS TRANSPORTED. WHAT HAPPENS TO THE LEAVES? DOES EACH COLOUR HAVE THE SAME EFFECT? WHAT HAPPENS TO THE WATER LEVEL?

Have you seen this gnarly-looking brown bulb at the grocery store? IT'S A VEGETABLE

CALLED 'CELERY ROOT' (OR CELERIAC), BUT IT ISN'T ACTUALLY THE ROOT OF STALK CELERY. THEY'RE BOTH MEMBERS OF THE SAME FAMILY OF VEGETABLES, BUT CELERY ROOT IS CULTIVATED JUST FOR ITS BASE. IT MIGHT NOT LOOK LIKE SOMETHING YOU WOULD EAT, BUT PEEL AWAY ITS TOUGH KNOBBY SKIN AND INSIDE IS A PURE WHITE, CRISP BULB THAT SMELLS LIKE FRESH CUT CELERY.



DO THE MATH...



Celery plants are started from seeds indoors then transplanted into fields. It only takes about one gram of celery seeds to grow one acre of celery plants. There are about 70,000 seeds in one gram. Growers plant about 30,000 to 40,000 plants per acre.

1. Estimate how many seeds a grower would need to plant a 3 acre field. \_\_\_\_\_
2. Approximately how many seedlings will he plant in his field? \_\_\_\_\_
3. A school has 5 classes with 30 students in each class. How many bunches of celery would they need to order so that every student has one stalk of celery each? \_\_\_\_\_