

# The Scoop on this Week's Snack!

## Three Cheers for Celery - Everyone's Favourite Vegetable!



### Flowers

(Our seeds come from our tiny white flowers that develop when we mature)

### Leaves

(We have lots, they're green and they taste like celery too)

### Bunch

(A group of about 8 to 10 stalks, sometimes called a 'head')

### Stalk

(Also called a 'rib' or a 'stick')

### Hearts

(We have more than one. This is the name for our smaller, tender stalks inside a bunch)

### Roots

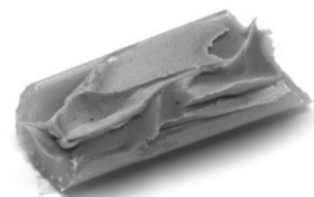
(Our stems grow from our root ball that's below ground)

**WHAT?** Celery is **NOT** your favourite vegetable? We are **TASTY**, we are **SUPER** crunchy, **AND** we are **GREEN!**  
Here are some reasons why celery should make you smile...

- We have a funny-sounding name. The 'c' is soft, like an 's', and it comes from the French word 'celeri'... What other words rhyme with 'celery'? None.
- Celery seeds are so teeny tiny you could hold thousands of them in your hand. They're even smaller than these dots.....
- We are part of the same family of plants as carrots – and everyone knows carrots are a healthy snack.
- Every part of us is edible; the stalks, leaves, roots and seeds. Nothing to throw away.
- Celery is made up of water, lots of it. We're a great snack when you're thirsty.
- Crunch time. Our cell walls are tough. That's what makes us grow straight and tall and give us our 'crunch'. You have to chew us really well. That helps clean your teeth too. See those rows of thin strings running
- along the outer edge of our stalks? Celery is a 'vascular plant', which means we can transport water on the inside. **Those strings are like roadways that carry nutrition up to our leaves.**

Stalks,  
Sticks or  
Ribs?

These are all names for a single piece of celery, just like the ones you're eating today. These are our leaf stems. A celery plant has more than one stem, we have a whole bunch. They're great for scooping up peanut butter or hummus, and you don't have to wash your 'spoon' afterwards – you eat it!



# Another Good Reason To Eat Your Vegetables...

Did you know that the celery you are eating was grown by a BC farmer? Many of the vegetables you eat at home (fresh, frozen or canned), over 50 different types, were grown right here in our own province. BC farmers do a good job growing food, and your job is to eat your veggies!



## How Do Farmers Grow Vegetables?

Most vegetables are 'field crops'. Farmers grow them in soil outdoors in fields. They are planted from a seed, complete their lifecycle, and are harvested in one season. In BC, some vegetables are grown year-round in heated greenhouses.

What do vegetables need to grow? **FOUR THINGS: LIGHT, FOOD, WATER, WARMTH**

Not all vegetables need the same amount though. A farmer's job is to make sure every plant gets the right amounts of each. Farmers choose the best crops for their climate and soil, and give them extra water and nutrients when they need them. Farmers also protect their crops from weeds, insects, birds and diseases.

Celery is a field crop, but the seeds are so tiny they are started in small trays, indoors in nurseries. Once a seedling reaches about 10 cm tall it is moved outside and planted in a field. Farmers place celery plants side by side in small trenches. Keeping them close together forces the stalks to grow straight and tall. After about 3 months the celery is ready for harvesting. To keep the stalks together, each bunch is cut, using a knife, just below the soil at the top of the root ball.

## Grow Your Own Celery...



1. Get a fresh bunch of celery and cut off the base where the stalks connect. Eat the stalks.

2. Put the cut base on a wet piece of paper towel in a bowl.

3. Leave it in a sunny spot and water daily.

4. When new leaves sprout, plant it in some soil, covering everything but the leaves. Soon new celery stalks will grow!

A FEW OF BC'S TOP CROPS = Potatoes, carrots, corn, lettuce, squash, pumpkins, cabbage, broccoli, beans, peas, onions, peppers, beets, spinach, zucchini...and celery! Can you spot your favourite?



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