

# CELERY

GROWN IN MINNESOTA



## Nutrition Facts

Serving Size 2 medium stalks (110g)

<b>Calories</b> 15	% Daily Value
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 115mg	5%
<b>To-</b>	
Dietary Fiber 2g	8%
<b>Protein</b> 0g	

## Health Benefits

- Source of vitamin A for vision health.
- Good source of vitamin C which can help heal scar tissue.
- An excellent source of vitamin K, providing 40% of the daily recommended amount.

## DIFFERENT USES

- Stuff stalks with low-fat cream cheese and sprinkle with paprika.
- Plunge your celery into low fat dip or tuck it into your favorite homemade dish.
- Use the leaves in soup, stuffing, salad and other cooked dishes.
- Kick up your tuna or chicken salad with some hot sauce and crunchy celery. Mix chopped celery, mayonnaise or mustard, with tuna or chicken.

## FUN FACT

- It takes only one ounce of celery seeds to grow one acre of celery.
- The seeds are the size of a period (.) typed in 12 point font.
- Celery has been grown and used by humans for over 3,000 years.
- It was first grown around the Mediterranean Sea and was used by Greeks and Romans as medicine.