March is National Celery Month

Anna Schremmer
Phillips-Rooks District Extension Agent
Family and Consumer Science

The other day I was shopping for vegetables and as I was looking at celery, I thought this is one vegetable that people eat a lot of but we don’t know a lot about. Mainly because it is not grown in our gardens.

March is National Celery Month. Native to the Mediterranean, celery is one of the best foods you can eat. It is very, very low in calories, people say it takes more calories to eat celery, than the calories it contains. It is high in fiber, potassium, and vitamins A and C. Celery adds a tasty crunch to salads and tuna fish. It’s great in soups, stuffing, and many other recipes. It is a great snack paired with a variety of dips or peanut butter.

Did You Know? Celery has been used for medicinal purposes for thousands of years. Back in 850 B.C., celery seed was believed to have healing powers. Benefits include preventing gallstones, aids in indigestion, and helps to lower blood pressure. So there’s plenty of reasons to eat ample amounts of celery.

Celery is a vegetable that is popular with the health conscious. Celery stalks are almost absent of calories yet contains important vitamins and minerals. Celery has a very mild flavor, some people complain that it has little, or no taste. Fresh garden grown celery usually has a stronger, pleasant flavor. The mild taste is what makes celery stalks such a great tool for dipping into your favorite dip, salad dressing, or sauce. It also adds a little crunch to recipes. For a snack, give the kids, Ants on a Log, which is celery, and peanut butter, with raisons on top.

Surprisingly, celery is not commonly found in the home garden, despite the fact that it is a very common item in the grocery store. This is because it is more difficult to grow than the common garden fruits and vegetables. Growing celery requires a longer growing season and prefers cooler temperatures. Celery originated in wetland areas and requires lots of water. Without the proper care, celery stalks can be very dry and stringy.

Eating Celery offers several health benefits. They include:

- Almost no calories
- Helps balance blood pH
- Lowers cholesterol
- Helps relieve constipation
- Normalizes body temperature
- Promotes normal, healthy kidney function

Next time you’re in the grocery store pick up celery to celerebrate March as National Celery Month.

“Knowledge for Life” provided by Phillips-Rooks Extension District #5 and K-State Research and Extension. K-State Research and Extension is an equal opportunity provider and employer.