

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

CELERY



Celery has a long fibrous stalk tapering into leaves and is eaten around the world as a vegetable. In Ancient Greece, winners of athletic games would be given celery as a reward. Prior to the 16th century, celery wasn't used for a food, instead it was used for medicinal purposes. Celery stalks are eaten raw, baked, fried or boiled and celery leaves are used to add color or flavor to food dishes.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER