



Celery

Purchasing Specifications

Availability:

Year round

Growing Regions:

Canada, Mexico, USA

Receiving Information:

- Dehydrated: Product has been left uncovered; place in an ice water bath to replace moisture.
- Wilting: Indication of exposure to high temperatures and low humidity. Adequate air circulation is also necessary to maintain good quality celery.
- Yellowing: Indication of ethylene exposure - keep celery away from ethylene-producing produce and ripening rooms.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: Yes
- Ripens After Harvest: No
- Mist: Yes

- Odor Sensitive: Yes
- Health: Celery has been shown to be helpful in lowering cholesterol and blood pressure.
- Refrigeration: Celery should be stored in the crisper of the refrigerator (a cool, moist environment) in a plastic bag.
- Use: Choose celery stalks that are stiff and snap when they break. Avoid stalks that have wilted leaves on the ends of appear limp.
- Selection: Choose celery stalks that are stiff and snap when they break. Avoid stalks that have wilted leaves on the ends or appear limp.
- Washing: Do not wash celery until you are ready to use it. If it is washed before storing, make sure to remove excess moisture, as it can cause mold to develop.

- Flesh Description: A mild, nubby texture and crumbly crunch.
- Scientific Name: Brassica oleracea var. botrytis
- Usage: Good eaten fresh or cooked.
- Outside Coloring: Light green to green.
- Skin Texture: Nubby texture and crumbly crunch.
- Shape: Smooth stem with large white nubby head partially encased with green leaves.
- Phytochemical: Sulphoraphane and Indoles.
- Taste: Truly fresh cauliflower tastes nutty and mild.

Nutrition Facts

Serving Size: 1 cup chopped

Amount Per Serving

Calories 16	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 1mg	0%
Total Carbohydrates 3g	2%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 1g	2%
Potassium 263mg	6%
Vitamin A 3%	Vitamin C 4%
Calcium 4%	Iron 1%

*Percent Daily Values are based on a 2,000-calorie diet.