



Celery Root

Purchasing Specifications

Availability:

Jan-May; Aug-Dec

Growing Regions:

USA

Receiving Information:

- Celery root should be firm with tender flesh. Avoid product with a spongy texture.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Sensitive: Yes

Troubleshooting:

- Water-soaked spots; softening: These are indications of freeze injury. To prevent freeze injury, do not store celery root below 30 degrees F/-1C.
- Decay: Celery root may decay if stored in a warm area with high humidity.
- Moisture loss: Celery root may lose moisture and shrivel if stored in an area with low humidity.

- Also called celeriac.
- Description: Bulb-shaped root with rough brown skin and rootlets.
- Celery root texture is crisp and flavor is nutty and celery-like. Celery root may be used cooked or uncooked (soups, stews, stir-frys, salads).
- If used raw, celery root must be peeled first. If cooked, celery root may be cooked whole and then peeled.
- Celery Root can also be used in plant-based cuisine as a center-of-the-plate item such as a cutlet.

Nutrition Facts

Serving Size: 1 cup celery root (113g)

Amount Per Serving

Calories 45	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 115mg	5%
Total Carbohydrates 11g	4%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 1g	
Potassium	
Vitamin A 0%	Vitamin C 15%
Calcium 6%	Iron 6%

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