



## FOOD FOR THOUGHT:

# Cheerful Celery

### CELERY FUN FACTS:

- Celery is native to the Mediterranean region.
- Celery is famous for its crispy texture and mild taste.
- Celery is a leafy green vegetable, whose roots, stalks, leaves, and seeds are all edible. Celery seeds are also used as a seasoning.
- In the US, California is the largest producer of celery.
- Celery is in season during September through April in Texas.



### TRY THIS AT HOME!

- Enjoy celery on its own: raw or cooked.
- Dipped in ranch or hummus.
- Add celery to salads, soups, and stews.
- Sauté celery, carrot, and onion to make a base for soup.



### DID YOU KNOW?

- Jell-O created a celery flavor in the 1960s.
- Celery is rich in vitamins and minerals that may help the body stay strong and healthy. Vitamin A is good for the eyes and vitamin C is good for your skin!



### TRIVIA QUESTION:

Celery is in the same family as...

- A PARSLEY**   **B CARROTS**   **C A & B**   **D NONE OF THE ABOVE**

Flip page for answer \*



### CATERPILLAR GRAPES

Servings: 6

#### Ingredients:

- 3 celery sticks, trimmed
- 2 Tbsp nut-free Sun Butter
- 30 green or red grapes
- Small googly eyes (optional)
- Extra celery to decorate (optional)

#### Instructions:

1. Cut celery sticks into six 5-inch-long pieces. Spoon 1½ tsp Sun Butter along the center of each long piece of celery.
2. Top each piece of celery with 5 grapes. Use remaining Sun Butter to attach googly eyes, if desired.
3. Cut the extra celery into thin strips. Insert into grapes to make antennae.
4. Serve and enjoy!



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### CELERY IS A WINTER VEGGIE!

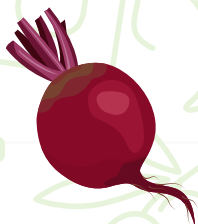
Celery is a cool-season plant and for our Texas climate, planting should begin in Fall or as soon as the temperature is stable at 75F or below. Harvesting will occur in either late Fall or Winter before the Texas heat returns.

### CAN YOU NAME THESE OTHER WINTER VEGETABLES?





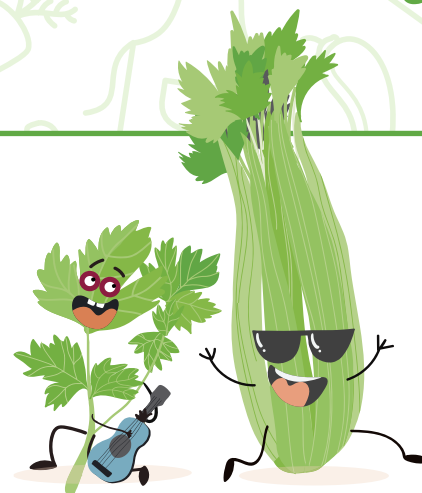
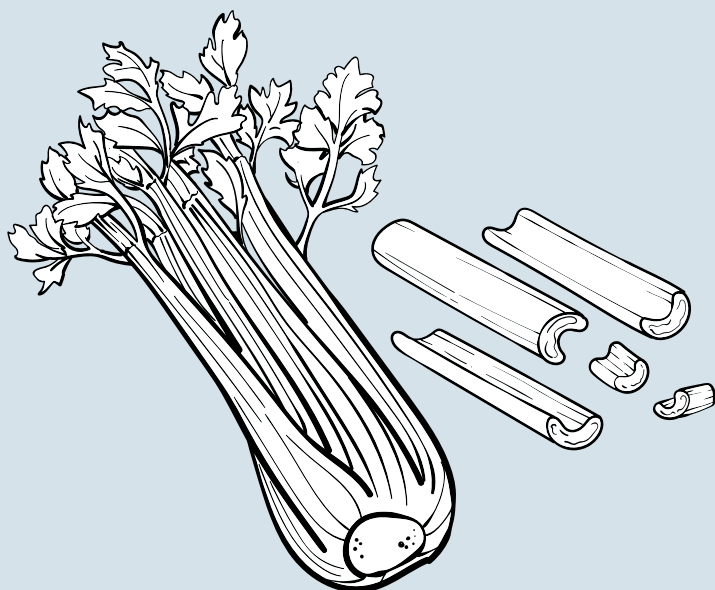









### COLOR IN THE CELERY



### CAN YOU UNSCRAMBLE THESE WORDS?

- 1 **NGEONSASI** \_\_\_\_\_
- 2 **BERSPTME** \_\_\_\_\_
- 3 **ROSTACR** \_\_\_\_\_
- 4 **SEPYARL** \_\_\_\_\_
- 5 **EDSES** \_\_\_\_\_
- 6 **TBORH** \_\_\_\_\_
- 7 **TELBAGEV** \_\_\_\_\_
- 8 **DERANEITMERAN** \_\_\_\_\_
- 9 **ERYCLE** \_\_\_\_\_
- 10 **LCAIAROFNI** \_\_\_\_\_



Answers: C

1. Seasoning • 2. September • 3. Carrots • 4. Parsley • 5. Seeds • 6. Broth • 7. Vegetable  
8. Mediterranean • 9. Celery • 10. California