



Celery



Celery is a vegetable that comes from the parsley family (Apiaceae) known for its crisp texture and distinct, salty flavor. Celery is the leaf stalk of the plant.

Celery grows best in temperate climates where the weather is cool and consistent moisture is available. It requires deep, well-drained soil. California, Michigan, and Florida are the top celery-producing states. Because celery seeds are small and slow to germinate, they are usually started in nurseries or greenhouses. After 8-12 weeks, the seedlings are transplanted into the field.

Celery is typically ready for harvest 85-120 days after transplanting. Workers cut the entire plant at the base, removing the outer leaves and trimming the roots. In large-scale operations, mechanical harvesters are used to cut the plants.

After harvest, the celery is cleaned, trimmed, and sorted. The stalks are then packed into boxes or crates and immediately placed in refrigerated storage before they are distributed to grocery stores and wholesalers or processing facilities where they are processed into celery sticks, juice, soups, or seasonings.

Celery is a low-calorie and nutrient-dense food. It is rich in vitamins and minerals, including vitamin K, vitamin C, vitamin A, folate, potassium, and fiber. Celery benefits digestive and heart health, helps with hydration, and helps reduce inflammation in the body.

Celery is often eaten raw as a snack or added to salads, sandwiches, and veggie trays. It can also be added to soups, stews, and stocks, or juiced.



<https://youtu.be/NfoVWo4SMuU?si=KBzDYgNjGATezmXx>