SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

Celery

Celery is a member of the carrot family. It has leafy green leaves and is known for its crisp stalks which can be used to add flavor or crunch to many dishes.

Used in:

Salads, soups, stews, sauces, casseroles, or as a snack

What does it taste like?

Celery has a very crunchy texture and a slightly sweet and earthy taste.

How do I store, save, and freeze it?

Cut off the leaves and pry the stalks apart, then store in a plastic bag in the refrigerator for up to 2 weeks. Rehydrate limp celery by cutting a small section off the bottom of the stalk and soaking in water.
To Freeze: Prepare celery (see steps below). Cut stalks into 1-inch lengths. Blanch. Place celery in boiling water for 3 minutes. Cool immediately in ice water, drain and pat dry. Place in freezer safe bag, removing all air. Label and date. Freeze. Use within 8-12 months. Best used in cooked dishes.

How do I prepare it?

1. Cut off the base and the leaves on top.
2. Leaves can discarded or saved to put in soup.
3. Rinse celery stalks to remove dirt.
4. Slice or chop according to your recipe.

Cooking Tips

- Eat raw as a snack or use in salads. You can also use it in smoothies.
- Pairing ideas: apple, carrot, mushroom, scallion, tomato, raisin, dill, basil, cumin, parsley, yogurt, cheese, almond, lentils, chicken, rice, seafood, egg.
- Use celery to enhance flavor in your cooking like soups, stews, sauces and main dishes.
- Extra celery? Freeze it or use it to make stock.

To make stock: You can use carrot or onion peels, fresh veggies that have started to wilt, or bones from a chicken or turkey – whatever you have on hand. Just put your scraps into a freezer bag and freeze them until you are ready to make stock. When you are ready, add to a pot. Cover with water and add pepper, salt, and other spices as you wish like thyme or bay leaves. Bring to a boil, then reduce heat to simmer for at least an hour. Strain. Now you have your stock. Freeze to keep longer.

For recipes and tips to save time, save money, and eat healthy, visit:
www.SNAPEdNY.org

Connect with us!

SNAPEdNewYork

snapedny

SNAPEdNY

This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Celery from SNAP-Ed NY:

Apple Salad

Ants on a Log

Bean & Vegetable Soup

SCAN To find these recipes & more on our website.

SCAN To find more produce guides on our website.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

This institution is an equal opportunity provider.