Celery

What am I?

Celery is a vegetable that contains a large percent of water. The main variety of celery is the Pascal variety.

How do I grow?

- Celery grows up from the ground, likes cool climates, and its stalks grow up to 10 inches.
- In Wisconsin, celery is in season from August to October.

Nutrition Facts

Celery contains vitamins A, K, C, and B6, among others. Like other vegetables, celery supports heart health, skin health, and overall provides great nutrition!

Fun Facts

- Celery is related to carrots, fennel, and parsley.
- Celery seeds are the size of a period [.] typed with 12pt font.
- You can soak celery in ice-water to keep it crispy.

WISCONSIN DEPARTMENT OF
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