

CELERY



- ◆ It takes just one ounce of celery seeds to produce an acre of celery.
- ◆ One stalk of celery contains about 10 calories. Some contend that it contains "negative calories," meaning that one spends more calories digesting it than are consumed when it eating it, which supposedly helps with weight loss.
- ◆ Hippocrates described celery as a nerve soother.
- ◆ The 1897 Sears Catalog featured a nerve tonic made from celery and described celery as a "great nerve builder."
- ◆ Even though low in fat, celery actually fuels your appetite and makes you hungry for more delicious food!
- ◆ Celery is available all year round in the grocery store, and can be bought at a local farmer's market in the spring, summer and fall months.
- ◆ It is one of the most used vegetable by chefs in restaurants worldwide!
- ◆ Per capita U.S. consumption of celery is about 9-10 pounds per person.