



## Geography/History

**Celery** is native to the Mediterranean region and cultivated over three thousand years, celery is a biennial herbaceous plant of the Umbelliferae family, which also includes carrots, parsley, fennel, dill and anise. It is botanically named *Apium graveolens*. Its wild ancestor was called "smallage", a bitter tasting marsh plant that was used primarily as a medicine. Celery was first recorded as a food plant in France in 1623.



See the table below for in depth analysis of nutrients:  
 Celery, (*Apium graveolens*), Fresh,  
 Nutrient value per 100 g  
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	16 Kcal	<1%
Carbohydrates	3 g	5.5%
Protein	3.46 g	6%
Total Fat	1.12 g	4.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.10 g	5.5%
<b>Vitamins</b>		
Folates	36 µg	9%
Niacin	0.320 mg	2%
Pantothenic acid	0.246 mg	5%
Pyridoxine	0.074 mg	6%
Riboflavin	0.57 mg	4%
Thiamin	0.021 mg	2%
Vitamin A	449 IU	15%
Vitamin C	3.1 mg	5%
Vitamin K	29.3 µg	24%
Vitamin K		
<b>Electrolytes</b>		
Sodium	80 mg	5%
Potassium	260 mg	5.5%
<b>Minerals</b>		
Calcium	40 mg	4%
Copper	0.35 mg	4%
Iron	0.20 mg	2.5%
Magnesium	11 mg	3%
Manganese	0.103 mg	4.5%
Phosphorus	24 mg	3%
Zinc	0.13 mg	1%
<b>Phyto-nutrients</b>		
Carotene-β	270 µg	--
Crypto-xanthin-β	0 µg	--
Lutein-zeaxanthin	283 µg	--

## Description/Taste

**Celery** can grow to optimal heights from 18" to 24". It has wide parsley-like green leaves and thick, juicy, ribbed stalks that join at a common base above the root. Celery, at its best, has a juicy and crunchy flesh with a mild salty flavor. Although celery is most often used for its stalks, its leaves are edible as well and have a concentrated celery-flavor.

