



Celery

Selection:

Choose celery with straight, rigid stalks and fresh leaves. Celery should smell fresh. Avoid woody or limp stalks.

Buying:

Celery can be sold in pre-weighed and priced packages or per pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the amount of celery you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

$$\text{Total Weight (lbs)} \times \text{Price} = \text{Cost of Celery}$$

Use this table to find the total cost.

Example: What is the total cost for 1.5 lbs of celery at \$1.19 per lb? **1.5 lbs x \$1.19 = \$1.79**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Storage:

Store unwashed celery in a plastic bag in refrigerator for up to 2 weeks.

Refrigerator: Up to 2 weeks

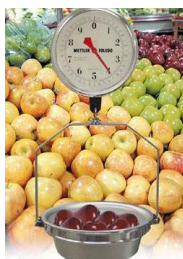
Use:

Rinse the stems thoroughly before preparing. Cut the root off the stem and throw away. Dirt is often stuck between the ribs. Cut to desired length. Celery stalks can be eaten raw, microwaved, steamed, baked, or stir-fried.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Know how. Know now.

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Nutrition:

2 medium stalks Celery

Nutrition Facts	
Serving Size 2 medium stalks (110g)	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 0g	
Vitamin A 10%	Vitamin C 15%
Calcium 4%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for a 2 medium stalks of celery. All celery are not the same size, but you can use this to estimate the nutrition content for smaller or larger celery.

Recipe:

Apple Tuna Sandwich

Preparation Time: 10 minutes

Serves 3

Cups of Vegetables per Serving: ½

Ingredients:

2 (6 oz.) cans unsalted tuna in water, drained
1 medium apple, chopped
1 celery stalk, chopped
¼ cup low-fat vanilla yogurt
1 teaspoon mustard
1 teaspoon honey
6 slices whole wheat bread
6 lettuce leaves
6 slices tomato

Preparation:

- 1.) Combine the tuna, apple, celery, yogurt, mustard, and honey. Mix well.
- 2.) Spread ½ cup of the tuna mixture on three bread slices.
- 3.) Top each slice of bread with lettuce, tomato, and remaining bread.

Nutrition Information per Serving:

Calories 330, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 35 mg,
Sodium 370 mg, Carbohydrates 37 g, Dietary Fiber 6 g, Protein 38 g.

