

# Gourmet Vegetables

# Celery

(*Apium graveolens*)



Feed the Family



## DESCRIPTION

Celery is a very common vegetable that is light green in color. It has a crunchy, juicy texture which has become very popular in salads and cooked dishes. Celery is also known as a 'negative calorie' food as it is said that simple digesting of the food burns more calories than the celery actually contains. It is the root or stalk of the celery that is eaten although the leaves are said to be great for medicinal purposes. Celery is available all year round but tastes best in hotter months.

**Apium graveolens 'Giant Red' (Red Celery).** Taste is much stronger and more distinct in comparison to green varieties. 'Celery Tango' A self-blanching celery producing beautiful, smooth apple-green stems with good flavour and texture for that all important celery crunch. Celery 'Tango' is an RHS AGM variety with good bolting resistance, and stands well during hot weather for a reliable crop. Height: 45cm (18"). Spread: 30cm (12").



## USES

Celery is great for flavoring meals or garnishing dishes and is often used in soups. It can also be cut into chunks around 5 cm / 2.97 in. long and then be consumed raw by itself or with your

favorite dip. It is also used in the famous 'Bloody Mary' cocktail and in 'Old Bay' spice. When mixed with onions and bell peppers Celery makes the base of Louisiana Creole Cajun cuisine.

## Medicinal

Wild celery has been used for asthmatic and bronchial conditions as well as rheumatoid arthritis. It

has also been used as a sedative and to assist with some kidney problems.



## PROPERTIES

Celery can be considered a very healthy vegetable as it is a very rich source of vitamin C. Vitamin C is known to reduce cold symptoms and helps to support the immune system. Celery is also said to contain properties that reduce blood pressure. Celery also contains phthalides which are said to lower cholesterol, relax muscles and arteries and regulate blood pressure.



## ROWTH

Celeries grow to a height of approximately 30.5 cm - 40.6 cm / 12 - 16 in. When growing celery you should tie the stems together. This turns the stems from a green to a white color and makes the vegetable softer and easier to eat. To harvest, cut off stalks around 2 cm / 0.79 in. from the ground. Growing celery can be a challenge so it is best to start the growing process indoors around 9 - 10 weeks after the last expected frost, and then plant seedling outside once there is no sign of frost.



## CULTIVATION

Celery does best in rich, moist soil in sun or partial shade. Provide ample water over summer months. You should remove outer leaves in mid-summer and mulch heavily. Pick Celery leaves as needed and Celery seed should be collected when ripe.

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Any enquiries can be directed to:  
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