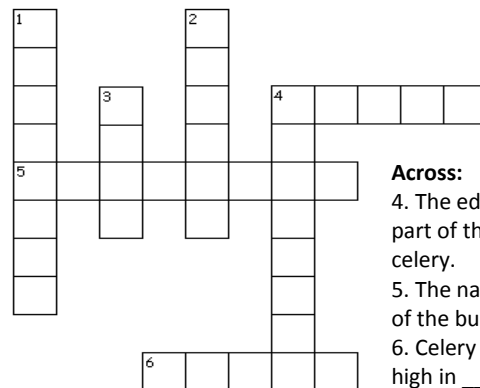


Cross Word Puzzle!



Across:
 4. The edible part of the celery.
 5. The name of the bulb.
 6. Celery is high in ____.

Down:
 1. Celery seeds were used for ____.
 2. Vegetable with edible stalks.
 3. The round root like part.
 4. The name of wild celery.

Pascal celery is the most common type grown in the U.S. and is grown for their edible stalks. In Europe, they grow celeriac varieties for the edible bulb and leaves. In 30 AD, celery seeds were used as medicine to relieve pain.

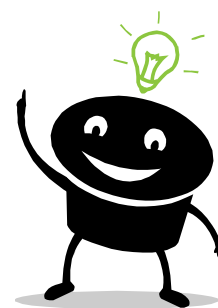


Veggie of the Day..

Celery!



Celery is a vegetable with light green stalks and dark green leaves. Both the stalks and leaves are edible. It has a mild flavor and the stalks are very juicy. They are great to eat cut and mixed with other vegetables, cooked into soups, or eaten raw. Celery also has a round edible bulb called celeriac.



Nutrition Facts	
Serving Size 1- 2 ounce snack pack	
Amount Per Serving	
Calories 8	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 22mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	0%
Vitamin A 3%	Vitamin C 1%
Calcium 1%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Did You Know ?

Wild celery is called smallage. The stalks are not normally eaten and are grown for their leaves.

Spicy Loaded Celery Sticks

Ingredients: • 12 stalks celery cut into 1 in. pieces • 1 8oz. cream cheese softened • 4 oz. blue cheese • 1 dash hot pepper sauce • 1 tsp lemon juice • ¼ tsp black pepper

Put the celery pieces on a plate. Mix the other ingredients in a bowl and blend well. Top the celery sticks with the mix.