

SDSU

Extension



In season:



Year Round

Celery/Celeriac

Lakota: huthhóškokpa

Pick it!

Chose straight, ridged celery stalks that smell fresh

Avoid limp or floppy stalks and those that seem woody, soft or spongy.

Celery can be stored in a refrigerator in a plastic bag for a week or more.

Celeriac is easiest to peel and slice with smooth skin and can be stored wrapped in plastic in refrigerator up to one week.

Celery makes a great snack raw-separate the stalk from the bunch, trim leaves if desired.

Try it!

The leaves can also be added to stuffing and salads.

Celeriac can be eaten raw or grated into salads. It is also commonly cubed and roasted with other root vegetables.

Celeriac can also be a great addition to mashed potatoes, boiled and mashed with the potatoes.

Celery and leaves are popularly added to soups and stir fry for added crunch and nutrition.



Types of Celery/Celeriac

Celery: commonly green, may be white, yellow or pink

Celeriac: root of celery plant, usually 3-5 inches wide, cooks prefer medium, firm and smooth roots.



Did you know...

Vitamin K is found in green leafy vegetables. It is required for blood to clot.

Like it!

Celery Apple Salad

Ingredients

- ½ cup chopped celery
- 1 cup apples, chopped and cored
- 1 Tablespoon chopped walnuts
- 1 ½-Tablespoon non-fat plain yogurt
- ½-Tablespoon non-fat vanilla yogurt
- 1 ½ Tablespoon 100% apple juice
- 2 Tablespoons raisins or Craisins
- Salt and pepper to taste (optional)

Directions

In a large bowl, combine celery, apples, raisins and walnuts. Mix. In a small bowl, mix yogurts together with apple juice and blend thoroughly. Pour dressing over apple mixture. Mix well to coat. Serve. Refrigerate leftovers. Makes 2-3 servings.

Yield 3 servings

Nutrition Facts per Serving:
Calories 80; Fat 1.5g; Cholesterol 0mg; Sodium 20mg;
Carbohydrate 16g; Sugars 12g; Fiber 2g; Protein 2g

Sources: <http://fnec.cornell.edu/2016/11/01/apple-celery-harvest-salad/>

Basic Braised Celery

Ingredients

- 6 cups celery (cut into pieces about 1 to 2 inches long and wide)
- 2 tablespoons margarine
- ½ cup low-sodium chicken broth
- ¼ teaspoon black pepper

Directions

Place celery, margarine, chicken broth, and pepper in a saucepan. Cover and cook over low heat for 20 to 25 minutes, just until celery is crisp but tender. Serve right away.

Yield 6 servings

Nutrition Facts per Serving:
Calories 50; Fat 4g; Cholesterol 0mg; Sodium 105mg;
Carbohydrate 3g; Sugars 1g; Fiber 1g; Protein 1g

Source: <https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/basic-braised-celery>

Lakota word translate by Jeshua Estes

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