



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Year Round**

# Celery/Celeriac

**Lakota: huthhóškokpa**

## Preschool Lesson Plan

### Objectives

Participants will:

- identify celery as a vegetable from MyPlate
- increase knowledge in selecting, storing and preparing celery
- demonstrate use of celery in a recipe

### Items Needed for the Lesson

- MyPlate poster
- Parts of a plant visual
- Visuals of celery (bunch and stalk)
- Bunch of celery
- 1 cup and ½ cup measuring cups
- Vegetable brush
- Knife and cutting board

### Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

### Recipe

- Butterfly Bite

### Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards

### Supplies for Celery/Celeriac Lesson

- Butterfly Bite
  - » Vegetable brush
  - » Knife
  - » Cutting board
  - » Tablespoon measures
  - » Small scraper
  - » Table knife or popsicle stick

### Notes

- Spreadable cheese or cream cheese can be substituted for the peanut butter in the Butterfly Bites recipe.

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>The seeds planted to grow this are very, very small.</li> <li>It grows in a "bunch."</li> <li>It is light green in color.</li> <li>It "crunches" when we eat it.</li> </ul> <p>(Answer: Celery.)</p>	<ul style="list-style-type: none"> <li>Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>After someone guesses the answer, or you tell them, show them visuals of celery.</li> </ul>
<p>How many of you have seen this before?</p> <p>MyPlate shows us how to eat healthier by dividing a "plate" into parts and using different colors and sizes for each of the food groups. Orange is for grain foods, Purple is for protein foods, Green is for vegetables, Red is for fruits and the round Blue part by the plate is for dairy foods like milk.</p> <p>Can you see that half of the plate is fruits and vegetables? That is what our plate should look like on most days.</p>	<ul style="list-style-type: none"> <li>Point to the MyPlate poster.</li> <li>Show the different parts and colors.</li> </ul>
<p>What food group does celery come from? (Answer: Vegetable - the green part on MyPlate.)</p> <p>Can anyone name some other vegetables?</p>	<ul style="list-style-type: none"> <li>Call on someone who would like to answer.</li> <li>Allow students time to share. Tell them that these vegetables also fit in the Green section of MyPlate.</li> </ul>
<p>Preschool-aged children should be eating 1 cup of vegetables each day.</p> <p>Kindergarteners should eat 1 ½ cups of vegetables a day.</p>	<ul style="list-style-type: none"> <li>Show preschool children a 1 cup measure.</li> <li>Show kindergarteners a 1 cup measure and a ½ cup measure.</li> <li>Explain that this is how much 1 cup and 1 ½ cups are.</li> </ul>
<p>Celery is a vegetable that grows up tall in what we call bunches.</p> <p>Each bunch has many stalks or pieces of celery. When you eat a piece of celery, you are eating a stalk that came from the whole bunch.</p>	<ul style="list-style-type: none"> <li>Show visuals of a bunch of celery and a stalk of celery or if possible, show the actual bunch and stalk.</li> </ul>
<p>Did you know that different vegetables come from different parts of a plant? They can be a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think celery is? (Answer: Stem.)</p> <p>Do you know why plants need their stems? (Answer: Stems give the plant shape and support. Food and water for the plant travel up the stem to get to all the other parts of the plant.)</p>	<ul style="list-style-type: none"> <li>Show the Parts of a Plant visual.</li> <li>Point to the stem.</li> <li>Show the visual of a bunch of celery, pointing to and explaining that it is a stem.</li> </ul>

What You Say:	What You Do:
<p>How can we eat celery?</p> <p>It can be eaten raw. Some people like to spread peanut butter or cheese on it. Others like to dip it in salad dressing.</p> <p>It can also be chopped and added to salads and soups and stir-fry.</p> <p>How have you eaten celery?</p>	<ul style="list-style-type: none"> <li>Allow students to share about eating celery.</li> </ul>
<p>When we buy celery at the grocery store, what should it look like?</p> <p>(Answer: The celery should look fresh with leaves that are not droopy. The celery should be straight and it should smell fresh.)</p>	<ul style="list-style-type: none"> <li>Show a fresh bunch of celery with good qualities. Let the participants smell the celery.</li> </ul>
<p>When we get the celery home from the grocery store, where should we put it?</p> <p>(Answer: In the refrigerator.)</p>	<ul style="list-style-type: none"> <li>Call on someone who would like to answer.</li> </ul>
<p>What should we do to celery before we eat it?</p> <p>(Answer: Wash it.)</p> <p>How should it be washed?</p> <p>To wash celery, pull the stalks from the bunch and wash each one by rinsing it under cold water. Rub each stalk with your fingers to get the dirt off that gets between the stalks when it is growing in the garden. You can also use a vegetable brush to get the dirt off.</p> <p>We want to trim the bottom edge off from the celery and throw it away. We should also trim off the top part that has the leaves. We can keep this part and use it when we make a salad or soup.</p>	<ul style="list-style-type: none"> <li>Allow students to answer.</li> <li>If possible, demonstrate washing and trimming the celery. Show a vegetable brush and demonstrate how to use it.</li> <li>Review Washing Fruits and Vegetables skill sheet.</li> </ul>
<p>Why would we want to eat celery?</p> <p>Celery is a crunchy, fun snack.</p> <p>Celery has lots of water in it. This makes it taste fresh and crisp.</p> <p>Celery has vitamin A in it. Vitamin A is good for our eyes and skin.</p>	<ul style="list-style-type: none"> <li>Allow students to discuss why they eat celery.</li> </ul>
<p>Are you ready to try a recipe using celery?</p> <p>What is the first thing we need to do before making or eating food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>Review Handwashing skill sheet and go through the steps with participants.</li> </ul>

# Use this page if you are going to prepare Butterfly Bites

## Equipment List

- Vegetable brush
- Cutting board
- Small scraper
- Knife
- Tablespoon measures
- Table knife or popsicle stick

What You Say:	What You Do:
Today we are going to be making Butterfly Bites.  Let's read through the recipe so that we know what we need and what we are going to do.	<ul style="list-style-type: none"> <li>• Read the recipe to the students.</li> </ul>
For the recipe we need celery, pretzels, peanut butter and raisins.  What food group does the celery come from? (Answer: Vegetable - the green part of MyPlate.)  What food group do the raisins come from? (Answer: Fruit – the red part of MyPlate.)  Do you know what food group the pretzels come from? (Answer: Grains – the orange part of MyPlate. Pretzels are made from wheat which is a grain.)  What food group do you think the peanut butter comes from? (Answer: Protein – the purple part of MyPlate.)  So how many food groups are in the Butterfly Bite? (Answer: Four – vegetable, fruits, grain and protein.)	<ul style="list-style-type: none"> <li>• Show the MyPlate poster and point to each food group as it is identified.</li> </ul>
What do we need to do to the celery before we cut it for the butterfly? (Answer: Wash it.)	<ul style="list-style-type: none"> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul>
We will use a cutting board and a knife to cut the celery.  What are some things we need to remember about using a knife? (Answer: Ask permission or have an adult help us, cut away from our body, use a cutting board to cut on, keep our fingers out of the way of the sharp knife, keep the knife away from the edge of the table or counter, if a knife falls – do not try to catch it.)	<ul style="list-style-type: none"> <li>• Review Knife Safety and Cutting Boards skill sheet.</li> <li>• Demonstrate how to safely cut the celery in half.</li> </ul>
After we have cut the celery and placed it on a plate, we are ready to fill the center with peanut butter. We can use a knife or popsicle stick to do this.  This is the body of the butterfly.	<ul style="list-style-type: none"> <li>• Demonstrate measuring the peanut butter and scraping it out of the measuring spoon.</li> </ul>
Next we will add one pretzel on each side of the celery to make the butterfly's wings.  Break the last pretzel into pieces to make the antenna.  Use the raisins to decorate the butterfly.	



## Visuals



**Celeriac is the root of the celery plant**



**Young celery plants**



**Celery plant**

## Celery Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Celery Stalks, raw</b>	2 med., 80 g	11	1.3	10%	3	208	29
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-4 cup servings of vegetables per day depending on age and gender	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)

# Butterfly Bite

## Ingredients

3 celery stalks  
12 twist pretzels (large, 3 ring)  
6 Tablespoons creamy peanut butter  
3 Tablespoons raisins

## Directions

1. Wash hands and cooking area.
2. Clean celery with vegetable brush under cool running water.
3. Cut celery in half crosswise.
4. Fill center of each celery stick with one tablespoon of peanut butter. This is the body of the butterfly.
5. Add two pretzels to form the butterfly's wings.
6. Use extra pretzel pieces for antenna and raisins for decoration.

Makes 6 servings.

## Nutrition Information:

Calories	135
Total Fat	9 g
Sodium	146 mg
Carbohydrates	11 g
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugar included	1 g
Protein	5 g

Serving size: 1 Butterfly Bite

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/butterfly-bite](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/butterfly-bite)

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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# CELERY



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# Celery Sources

## Recipe

- [fnec.cornell.edu/for-participants/recipe-table/](https://fnec.cornell.edu/for-participants/recipe-table/)
- [whatscooking.fns.usda.gov/recipes/food-distribution-fdd/basic-braised-celery](https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/basic-braised-celery)

## Clues

- [blogs.extension.iastate.edu/answerline/2021/03/02/celerybrating-celery/](https://blogs.extension.iastate.edu/answerline/2021/03/02/celerybrating-celery/)
- [michigan.org/property/celery-flats-interpretive-and-historical-center](https://michigan.org/property/celery-flats-interpretive-and-historical-center)

## Cooking Terms

- [eatgathergo.org/eat/cooking/cooking-basics-tips/](https://eatgathergo.org/eat/cooking/cooking-basics-tips/)

## Information

- [eatfresh.org/discover-foods/celery](https://eatfresh.org/discover-foods/celery)
- [fruitsandveggies.org/fruits-and-veggies/celeriac-nutrition-selection-storage/](https://fruitsandveggies.org/fruits-and-veggies/celeriac-nutrition-selection-storage/)
- [fruitsandveggies.org/fruits-and-veggies/celery/](https://fruitsandveggies.org/fruits-and-veggies/celery/)
- [myplate.gov/search?keyword=celery](https://myplate.gov/search?keyword=celery)
- [food.unl.edu/documents/Celery.pdf](https://food.unl.edu/documents/Celery.pdf)
- [vric.ucdavis.edu/veg\\_info\\_crop/celery.htm](https://vric.ucdavis.edu/veg_info_crop/celery.htm)
- [agrilifeextension.tamu.edu/programs/aggie-horticulture/](https://agrilifeextension.tamu.edu/programs/aggie-horticulture/)

## Lakota translation

- Translated by Jeshua Estes

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S-0001-14





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Year Round

# Celery/Celeriac

**Lakota:** *huthhóškokpa*

## Pick it!

Chose straight, ridged celery stalks that smell fresh.

When choosing celery avoid stalks that are limp, floppy, soft, spongy or woody.

Celery can be stored in the refrigerator, in a plastic bag, for 1-2 weeks.

Celeriac can be stored in the refrigerator wrapped in plastic for up to 1 week. Choose celeriac with smooth skin for easiest peeling and slicing.

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 is also a great addition to mashed potatoes, just boil and mash with the potatoes.

Celery stalks and leaves can be added to soup or 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

- 1 cup celery, chopped
- 2 cups apples, chopped and cored
- 2 Tablespoons walnuts, chopped
- 3 Tablespoons nonfat plain yogurt
- 1 Tablespoon nonfat vanilla yogurt
- 3 Tablespoons 100% apple juice
- ¼ cup raisins
- Salt and pepper to taste (optional)

### Directions

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

Yields 6, ½ cup servings

Nutrition Facts per Serving:

Calories 50; Fat 1.5g; Cholesterol 0mg; Sodium 20mg;  
Carbohydrate 9g; Fiber 1g, Total Sugars 7g, Includes 0g  
Added Sugars; Protein 1g

Sources: [fnec.cornell.edu/for-participants/recipe-table/](https://fnec.cornell.edu/for-participants/recipe-table/)

## Basic Braised Celery

### Ingredients

- 6 cups celery, cut into 1-2 inch long/wide pieces
- 2 Tablespoons margarine
- ½ cup low-sodium chicken broth
- ¼ teaspoon black pepper

### Directions

1. Place celery, margarine, chicken broth and pepper in a sauce pan.
2. Cover and cook over low heat for 20-25 minutes, just until celery is crisp but tender.
3. Serve right away.

Yields 6 servings

Nutrition Facts per Serving:

Calories 50; Fat 4g; Cholesterol 0mg; Sodium 105mg;  
Carbohydrate 3g; Sugars 1g; Fiber 1g; Protein 1g

*Lakota word translate by Jeshua Estes*

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S-0001-14

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