



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Celery/Celeriac

Lakota: huthhóškokpa



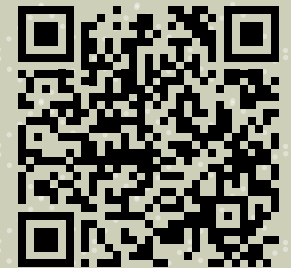
Pick it!

Choose straight,
rigid celery
stalks that smell
fresh.

Try it!

Can be eaten
raw or grated
into salads.
Stalks and leaves
are added to
soups.

Like it!



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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



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/

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

**Find more recipes
and videos at
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UNIVERSITY EXTENSION**

Celery/Celeriac

Lakota: huthhóškokpa

- Choose stalks that are fresh, straight and rigid.
- Avoid stalks that are limp, woody or spongy.
- Store celery in a plastic bag, in the refrigerator for 1-2 weeks.
- Store celeriac wrapped in plastic wrap, in the refrigerator for up to 1 week.
- Celery makes a great snack eaten raw. It can also be added to soup and stir-fry.
- Leaves can be added to soups, stuffing and salads.
- Celeriac can be eaten raw or grated into salads. Try it cubed and roasted with root vegetables or boiled and mashed with potatoes.

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Ingredients

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- 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 3 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/

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. 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



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Year Round

Celery/Celeriac

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Sampling Display Instructions

Celery Apple Salad

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Celery	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{2}$ cup
Apples	1 $\frac{1}{2}$ cups (1-2 apples)	2 cups (2 apples)	3 cups (3 apples)
Walnuts	4 teaspoons	2 Tablespoons	3 Tablespoons
Non-fat plain yogurt	2 Tablespoons + 1 teaspoon	3 Tablespoons	4 $\frac{1}{2}$ Tablespoons
Non-fat vanilla yogurt	2 teaspoons	1 Tablespoon	1 $\frac{1}{2}$ Tablespoon
100% apple juice	2 Tablespoons + 1 teaspoon	3 Tablespoons	4 $\frac{1}{2}$ Tablespoons
Raisins or Craisins	3 Tablespoons	$\frac{1}{4}$ cup	6 Tablespoons
Salt and pepper	To taste	To taste	To taste

Directions:

1. Wash celery and apples.
2. Core and chop apples, chop celery and walnuts.
3. In a large bowl, combine celery, apples, raisins and walnuts.
4. In a small bowl, mix yogurts with apple juice and blend thoroughly. Pour dressing over apple/celery mixture. Mix well to coat.
5. Chill and transport on ice in a cooler.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/watch?v=0H-2C523zcFg



Notes:

- Prepare recipe. Chill and keep cold. Keep samples cold on a cake pan frozen with a layer of ice.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time. Ask parent's permission before children may sample.
- Ask them if they use celery often in their meals. Ask them if they could use this recipe.
- Point out that celery is a good vegetable to serve raw to add crunch to a dish or meal.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Braised Celery

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Celery (cut to 1-2 inches long and wide)	3 cups	4 cups	6 cups
Margarine	1 Tablespoon	1 Tablespoon and 1 teaspoon	2 Tablespoons
Chicken broth (low sodium)	¼ cup	¼ cup plus 1 Tablespoon and 1 teaspoon	½ cup
Black pepper	⅛ teaspoon	¼ teaspoon	¼ teaspoon

Directions:

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

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
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Notes:

- Prepare Braised Celery.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time. Ask parent's permission before children may sample.
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