



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Year Round**

# Celery/Celeriac

**Lakota: huthhóškokpa**

## Lesson Plan

### Objectives

Participants will:

- identify celery as a vegetable from MyPlate and celeriac as the name given to the root of celery.
- Participants will increase knowledge in the selection, storage and preparation of celery.
- Participants will demonstrate the use of celery and the skills needed to prepare a recipe.

### Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- 1 cup measuring cup
- 2 large stalks of celery
- Bag of celery from the grocery store
- Visual of or actual sample of celeriac

### Handouts or Take Home Items

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

### Recipe Choices

- Celery Apple Salad
- Basic Braised Celery

### Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients

### Other Cooking and Food Safety Skills

- Cooking term - chop
- Storing leftovers
- Testing for tender but crisp

### Supplies for Celery/Celeriac Lesson

- Celery Apple Salad
  - » Knife
  - » Cutting boards
  - » Measuring spoons
  - » Bowls
  - » Spoon
- Basic Braised Celery
  - » Knife
  - » Cutting board
  - » Measuring spoons
  - » Liquid measuring cup
  - » Saucepan with lid

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>• There is a museum for this in Michigan.</li> <li>• In the US, California is the largest producer of this.</li> <li>• Because they are so small, it takes only one ounce of these seeds to produce an acre of these plants.</li> <li>• This vegetable is about 95% water. (Answer: Celery.)</li> </ul>	<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>Celery is a vegetable. Celery stalks grow upright in tight bunches. Celery contains lots of water, which is why celery tastes fresh and crisp.</p> <p>Vegetables come from different parts of a plant. Vegetables are either a root, stem, leaf, fruit, flower or seed. What part of the plant do you think celery is? (Answer: Stem.)</p> <p>Do you know why plants need their stems? (Answer: They provide support for the plant and nutrients (food and water) travel up the stem to get to the other parts of the plant.)</p>	<ul style="list-style-type: none"> <li>• Show a visual of a bunch of celery pointing out the stalks.</li> <li>• Show the Parts of a Plant visual and call on participants who would like to answer.</li> </ul>
<p>MyPlate shows us how to eat healthier. If we notice, <math>\frac{1}{2}</math> of the MyPlate diagram is fruits and vegetables. Depending on your age and gender, we should be eating between 1-4 cups of vegetables a day.</p> <p>Two large stalks of celery count as 1 cup in the MyPlate vegetable group.</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate visual.</li> <li>• Show 2 large stalks of celery.</li> <li>• Show a 1 cup measuring cup.</li> </ul>
<p>Celery can be eaten raw or cooked. It can be eaten plain or dipped in peanut butter or other low-fat dips. It can be chopped and added to salads, soups, stir-fries and casseroles. It can be roasted with other vegetables. The leaves of celery can be added to stuffing and salads.</p> <p>How have you eaten celery?</p>	<ul style="list-style-type: none"> <li>• Allow discussion of the uses of celery.</li> </ul>
<p>When we purchase celery at the grocery store, what should we look for?</p> <p>Choose celery that has fresh leaves, is straight, rigid and not limp. It should also have a fresh smell.</p>	<ul style="list-style-type: none"> <li>• Show a fresh bunch of celery with good qualities. Let participants smell the celery.</li> </ul>

What You Say:	What You Do:
Celery is usually packed in a 1 pound bag. In 1 pound, there are about 16 stalks. 1 pound of celery will make approximately 4 cups of chopped celery.	<ul style="list-style-type: none"> <li>• Show a bag of celery.</li> </ul>
<p>How should we store celery? (Answer: In the refrigerator.)</p> <p>Store unwashed celery in a bag in the refrigerator for 1-2 weeks.</p> <p>When storing in the refrigerator, keep celery that is going to be eaten raw away from raw meat, poultry or seafood. This includes avoiding contact with kitchen tools used with raw meat, poultry and seafood.</p>	
<p>What should we do to celery before we use it? (Answer: Wash it.)</p> <p>How do you think we should wash it?</p> <p>To wash celery, pull the stalks from the bunch and wash each one by rinsing under cold water and rubbing with fingers or a vegetable brush. This will remove the dirt that gets in between the stalks.</p> <p>Trim off the bottom edge of the celery and throw away. Also, trim the top part of the celery that has the leaves. This part can be used in salads, soups or casseroles.</p>	<ul style="list-style-type: none"> <li>• Call on participants and allow discussion.</li> <li>• Demonstrate washing and trimming celery.</li> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul>
<p>Why would we want to eat celery?</p> <p>Besides being a fun snack to eat, celery is fat-free, cholesterol free, low calorie and a good source of vitamins with vitamin A.</p> <p>Vitamin A helps to keep our eyes and skin healthy.</p>	<ul style="list-style-type: none"> <li>• Call on participants that would like to answer.</li> </ul>
<p>How many of you have heard of celeriac?</p> <p>Celeriac is the name given to the root of celery. Celeriac is a large, solid root that is just below the ground. It can be eaten raw or grated and used in salads. It can also be cubed and roasted with other vegetables or boiled and mashed with potatoes. It is often used in soups and stews.</p>	<ul style="list-style-type: none"> <li>• Show a visual of or the actual root.</li> <li>• If possible, have some samples for participants to taste.</li> </ul>



= for adults or older youth

What You Say:	What You Do:
<p>Celeriac that is smooth is easier to peel than that which has ridges. This root should be wrapped in plastic and stored in the refrigerator. It can be stored for about 1 week.</p> <p>Celeriac is fat-free, cholesterol free and a good source of vitamins K and C.</p>	
<p>Are you ready to try a recipe using celery?</p> <p>What is the first thing we need to do before preparing food?</p> <p>(Answer: Wash hands.)</p>	<ul style="list-style-type: none"> <li>Review Handwashing skill sheet and go through the steps with participants.</li> </ul>



= for adults or older youth



## Use this page if you are going to prepare Celery Apple Salad

### Equipment List

- Knives
- Measuring spoons
- Spoon
- Cutting boards
- Bowls

What You Say:	What You Do:
Today we are going to be making Celery Apple Salad.  Let's read through the recipe before we begin.	<ul style="list-style-type: none"> <li>Pass out recipes. Read aloud with participants.</li> </ul>
How many food groups are represented in this recipe? (Answer: 4; Fruit-apples, apple juice, raisins; Vegetable-celery; Dairy-yogurt; and Protein-walnuts.)  Which food group is missing? (Answer: Grains.)	<ul style="list-style-type: none"> <li>Read ingredients and have participants name the food group it is from.</li> </ul>
We will be chopping the apple, celery and walnuts.  What does the cooking term "chop" mean? (Answer: To cut solids into pieces with a sharp knife or other chopping tool.)  What do we need to remember when using knives and cutting boards?	<ul style="list-style-type: none"> <li>Call on someone who would like to answer.</li> <li>Review Knife Safety and Cutting Boards skill sheet.</li> </ul>
What do we need to do to the apple and celery before we chop it? (Answer: Wash them.)	<ul style="list-style-type: none"> <li>Review Washing Fruits and Vegetables skill sheet.</li> </ul>
The apples, celery, raisins and walnuts will be mixed in a large bowl.  In another bowl, we will mix the yogurts and apple juice.  What can we use to mix these ingredients? (Possible answers: Spoons, fork, whisk, rubber scraper, etc.)	
Once the dressing is poured over the apple mixture and mixed, the salad is ready to be served. If we have leftovers, what should we do with them? (Answer: Store in a covered container in the refrigerator within 2 hours.)	

## Use this page if you are going to prepare Basic Braised Celery

### Equipment List

- Knife
- Cutting board
- Measuring spoons
- Liquid measuring cup
- Saucepan with lid

What You Say:	What You Do:
<p>Today we are going to be making Basic Braised Celery.</p> <p>Let's read through the recipe together before we begin.</p>	<ul style="list-style-type: none"> <li>Pass out the recipes and read aloud with participants.</li> </ul>
<p>What do we need to do to the celery before we cut it?</p> <p>(Answer: Wash it.)</p>	<ul style="list-style-type: none"> <li>Review Washing Fruits and Vegetables skill sheet, emphasizing how to wash celery from the information in the lesson.</li> </ul>
<p>We will measure some chicken broth. How do we measure liquid ingredients such as chicken broth?</p> <p>(Answer: Use a liquid measuring cup on a flat surface at eye level.)</p>	<ul style="list-style-type: none"> <li>Review Measuring Liquid and Dry Ingredients skill sheet.</li> </ul>
<p>The Braised Celery will be cooked in a saucepan on the top of the stove over low heat.</p>	<ul style="list-style-type: none"> <li>Review Stove Top Safety skill sheet.</li> </ul>
<p>Braised celery should be served when the celery is tender but still crisp. How can we tell if the celery is tender yet crisp?</p> <p>(Possible answers: Use a fork to test, do a taste test, etc.)</p>	<ul style="list-style-type: none"> <li>Allow discussion.</li> </ul>
<p>Braised Celery can be served as an appetizer or side dish.</p> <p>Eating celery can help us to get the recommended servings of vegetables for our age and gender.</p>	

## 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)

# 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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# 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*

**Find more recipes  
and videos at  
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