

CELERY

History

Celery originated in the Mediterranean basin, and was cultivated for medicinal purposes more than 2,000 years ago.

Nutrition

Celery is a great source of vitamin K and provides small amounts of other vitamins and minerals. Vitamin K helps keep our bones and blood healthy.

Fun Fact

Celery bunches can grow over 3 feet tall!

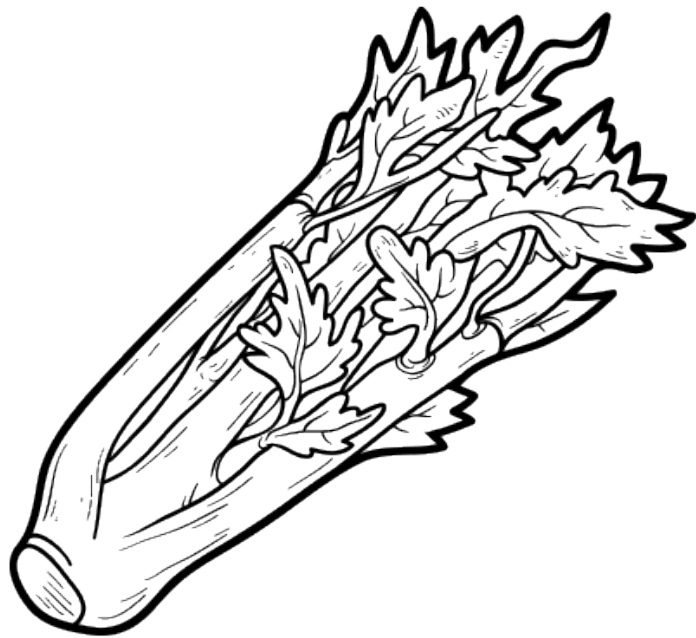


Growing and Harvest



- Celery grows from the ground in bunches of celery stalks.
- They require a lot of water for proper growth!
- The stalks can be harvested even when they are only a few inches tall. They can be cut one at a time from the bunch by slicing it off at the bottom of the plant.

Activities



Celery



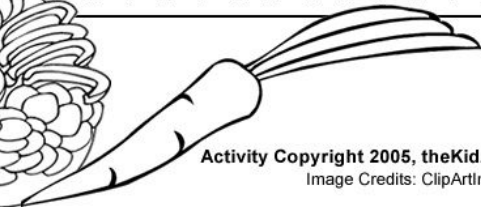
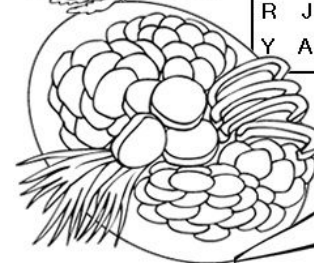
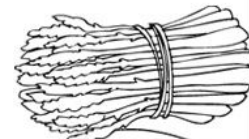
Vegetables Word Search

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the 24 vegetable-related words.

Word List

brussels sprouts	potato	cucumber
pumpkin	lettuce	alfalfa
artichoke	pepper	asparagus
avocado	carrot	broccoli
radish	cabbage	beans
spinach	cauliflower	celery
zucchini	corn	yam
pea		

Y	A	M	B	R	O	C	C	O	L	I	R	B	A	G
C	A	U	L	I	F	L	O	W	E	R	D	Q	L	P
C	U	C	U	M	B	E	R	N	Z	T	T	C	F	A
Y	Y	N	S	P	I	N	A	C	H	S	J	O	A	R
Z	R	O	A	E	C	A	B	B	A	G	E	R	L	S
M	Z	O	R	A	D	I	S	H	M	V	B	N	F	L
K	A	A	S	P	A	R	A	G	U	S	G	X	A	E
R	F	A	Q	M	B	P	U	M	P	K	I	N	Y	Y
B	R	U	S	S	E	L	S	S	P	R	O	U	T	S
C	Q	O	P	N	A	L	E	T	T	U	C	E	L	M
E	K	G	O	S	N	A	R	T	I	C	H	O	K	E
L	O	U	T	I	S	R	H	U	B	A	R	B	D	T
E	B	F	A	L	Y	Z	U	C	C	H	I	N	I	H
R	J	V	T	C	A	R	R	O	T	T	N	E	F	F
Y	A	V	O	C	A	D	O	G	P	E	P	P	E	R



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