

Harvest of the Month



Celery



FUN FACTS:

It takes only one ounce of celery seeds to grow an acre of celery, which will produce 32,000-42,000 celery plants.

In Ancient Greece, celery was used as a "bouquet of flowers" to reward winners of athletic games.

Celery is thought to promote a good night's sleep because of the vitamins, mineral salts and nutrients it contains. It cleans your teeth too while you eat, so enjoy a healthy crunch!



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