



# CELERY ROOT

- ◆ Underneath the root's burly exterior is a crisp, apple-like textured bright white flesh. The firm juicy flesh has a mild herbaceous quality with obvious celery-like undertones.
- ◆ Celery Root is available year round with a peak season during the months of October through April.
- ◆ Choose a celery root heavy for its size with no bruised skin. Don't pick roots larger than a softball because they are overgrown and will be woody inside.
- ◆ It's delicious raw in coleslaw. Try it in stew, braised with your roasts or boiled and added to mashed potatoes for a new flavor.
- ◆ Excellent source of vitamin C. Good source of calcium and iron.