



HOLLAND MARSH CELERY

FACTS

Celery has a group of tightly formed light green stalks, topped with green foliage. It brings a clean, lively crunch to salads and an assertive flavour to soups, casseroles and vegetable dishes. The leaves of celery can be chopped and used as an herb. It is often eaten in sticks or chopped into sandwich mixes. Celery is about 95% water and is a favorite among calorie-conscious snackers.

Health Benefits: Celery is a source of Folate and Vitamin K.

Number of acres farmed in the Marsh annually: 47 acres