

## LOCAL CHEF RECOMMENDS - - CREAM OF CELERY SOUP

3 hearts celery, finely diced	(1 can cream of mushroom soup)
1 med. onion, sliced	1 tbsp. flour
1/4 tsp. pepper	1 tbsp. butter
1 tsp. sugar	1 c. milk
13 3/4 oz. can chicken broth	Parsley

1. Place celery and onion in a saucepan, add pepper and sugar.
2. Cover with broth.
3. Cook until celery is tender.
4. Puree in blender a few seconds.
5. In saucepan melt butter, then stir in flour.
6. When mixed pour in milk, stirring.
7. Continue stirring until thickens.
8. Add pureed vegetables; mix well.
9. Garnish with parsley.

**Serves 6**

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## 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



## HOLLAND MARSH ONIONS

### FACTS

Onions are a member of the allium plant family, which includes leeks, shallots and garlic. There are two categories of onions: dry onions for storage and green onions for fresh use. Raw onions add a pungent bite, and cooked ones a mellow sweetness to many dishes. Onions come in many sizes, colours and flavours. Red onions have a mild, sweet flavour, which makes them a favourite for salads and sandwiches. Stronger white and yellow are best for cooking. Green onions are mild, when fresh and both the bulb and greens can be eaten.

**Health Benefits:** Onions are a source of Vitamin C, Vitamin B6, Folate and Manganese.

**Number of acres farmed in the Marsh annually:** 4,000 acres