



# Know What You Grow!



## Celery

**Scientific Name:** *Apium graveolens*

**Recommended Varieties:**

- Giant Pascal
- Tall Utah
- Golden Self Blanching
- Matador

**Common Pest:** Leafminers cause blotches or whitish tunnels in the leaves. Leafminers are generally not serious pests but can be intermittent in their attacks. Early season infestations are common, but in most cases are controlled by natural enemies. (Source: [Integrated Pest Management](#))

### Growing Information

#### Cool Season Plant

Celery grows best with temperatures at 60-65 degrees. Celery requires ample water and nitrogen fertilizer. The crop is ready to cut 90-120 days after transplanting. Harvest by cutting below the ground through the taproot.

#### Ideal Planting Window

Interior Valleys: June-August

Desert: August 15-Sept. 15 (Often stringy, bitter in desert conditions.)

#### Growing Guidance

Celery is usually produced from transplants. Use transplants that are 10-12 weeks old. If you grow celery from seed, place a shallow covering of soil over the seed and keep the soil moist. Do not plant seeds when temperatures are high. Heat causes seed dormancy, and the seeds will not germinate.

**Further information:** [Grow Your Vegetables](#)



## Interesting Facts

**Celery is eaten around the world as a vegetable.** In North America, the crisp petiole (leaf stalk) is used. In Europe the [hypocotyl](#) is used as a root vegetable.

**The leaves are strongly flavored** and are used less often, either as a flavoring in soups and stews or as a dried herb.

**Celery is also grown for its seeds.** Actually, very small fruit, these "seeds" yield a valuable [essential oil](#) that is used in the perfume industry.

**Chemistry Connection:** The main chemicals responsible for the aroma and taste of celery are [butylphthalide](#) and [sedanolide](#).

**Allergies:** Celery is among a small group of foods (headed by peanuts) that appear to cause the most severe allergic reactions; for people with celery allergy, exposure can cause potentially fatal [anaphylactic shock](#). The allergen does not appear to be destroyed at cooking temperatures.

Source: [Wikipedia](#)

## Contact Information



**RIVERSIDE COUNTY MASTER GARDENERS**

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## Nutritional Information

### Nutritional Value

The average stalk of celery provides 14 calories, 0.2g Fat, 80.8mg Sodium, 3g Carbohydrates, 1.6g Fiber, 1.4g sugars, and 0.7g protein. Celery is low in saturated fat, very low in cholesterol, and is a good source of riboflavin, vitamin B6, Pantothenic Acid and Calcium.

### Recipe: Ants on a Log



#### Ingredients

Celery Stalks cut into serving sections

#### Filling Options:

Peanut Butter, Cream Cheese. Cottage Cheese, Humus, or Yogurt

#### Ants:

Raisins, Peas, Corn Kernels, Olives, Cherry Tomatoes, Grapes, Blueberries

#### Prepare:

Cut celery stalk into equal sections. Spread fill in each cut celery stalk section and add your choice of ants!

Recipe Source: [Healthy Little Foosdies](#)

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