Local celery

Benefits

→ Because you can eat all of it: from the root to the leaves!
Enjoy celery’s crunchy stalks or add its leaves and the salt made from its root as a flavouring in soups and stews.

→ Because it’s a vegetable of champions!
The ancient Greeks used celery leaves like laurel leaves, to crown athletes. The Romans used celery seeds as a seasoning.

WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that’s picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.
**Fruit and veggie tuna salad**

**Portions:** 2 to 4  
**15 MIN**

**Ingredients**
- 2 cans of tuna from sustainable fisheries, drained
- 1 green onion, thinly sliced
- 1 green apple, diced (with the skin on)
- 45 to 60 ml (2 to 3 tbsp) dried cranberries
- 6 celery stalks, diced
- 1 Lebanese cucumber, diced
- 30 ml (2 tbsp) olive oil or canola oil
- 30 ml (2 tbsp) red wine vinegar
- Salt and pepper to taste

**Directions**
1. Combine the tuna, fruits and vegetables in a salad bowl.
2. In a small bowl, whisk together the oil and vinegar and incorporate into the first mixture.
3. Season to taste

**Note**
For a more substantial meal, add a roll.

Source: Inspired by nutrisimple.com/fr/recettes

**Cream of celery**

**Portions:** 4  
**15 MIN 20 MIN**

**Ingredients**
- 5 ml (1 tsp) olive oil
- 1 onion, chopped
- 1 to 2 cloves garlic, chopped
- 750 ml (3 cups) celery, finely chopped
- 1 potato, diced
- 500 ml (2 cups) chicken broth
- 250 ml (1 cup) milk
- Pepper to taste

**Directions**
1. In a sauce pan, sauté the onion in the oil about 5 min.
2. Add the garlic, celery and potato. Mix and cook another 2 min.
3. Add the chicken broth and cook 1 min or until the vegetables are cooked.
4. Transfer the mixture to a blender, add the milk and purée until smooth.
5. Season to taste.

Source: Julie Strecko, RD

**Tip!**
- Dry celery leaves and use them as an aromatic herb. Lay them out on a grill or hang a bouquet of them in a dry, dark spot until they are completely dry.