



Local celery

Availability:
july to november

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.

