

# Celery:

Celery is a great source of antioxidants. It can help reduce inflammation and support a healthy gut when consumed in moderate amounts.

## How to store:

- Cover & refrigerate unwashed for up to two weeks.
- Avoid storing pre-chopped to minimize nutrient losses

## How to prep:

- Separate the stalks and rinse thoroughly to remove any dirt or debris.
- Cut off the leaves- leaves can be saved and used for garnish
- Cut 1-2 inches from the bottom end of the stem as well as any brown spots.
- Dice, slice or cut celery into sticks.

## Use it:

- Add the leaves to soups & broths to enhance their flavors
- Dice and add to tuna or chicken salads
- Add to smoothies or veggie juices
- Eat it raw as a healthy snack!

