

Introducing Celery Cindy

Here we go again... Its veggiemanial! Our friend Celery Cindy will be your new favourite in no time!



Hello everyone! My name is Celery Cindy. To munch through me you need razor sharp teeth as I am extremely crunchy! Are you up for the challenge? I'm so easy to recognise – I have a bright green coloured stalk and some bright green leaves at the top.

Availability

Luckily we're available all year round!

Did you know?

Celery is derived from a wild bitter tasting plant known as smallage. It has been used for centuries in soups and broths and has a distinct and individual flavour and aroma. In fact, celery is one of the most widely eating vegetables on the planet!!

Why is celery so good to eat?

Celery is a great source antioxidant nutrients, including vitamin C, beta-carotene, and manganese and also is full of fibre to help our digestive systems.

How is celery grown?

Celery is a long-season crop that can be tricky to grow—some might say, the trickiest of all... Celery likes fertile soil, cool temperatures, and constant moisture.

How to store celery?

Keep celery heads whole, wrap them up tightly in aluminum foil, and then keep them in the refrigerator. Chopped raw celery will last for 1 to 2 weeks in the refrigerator. Cooked celery will usually last for 3 to 5 days in the refrigerator.

Fun ways to cook and eat celery

Celery is great because it is so versatile! It can be eaten both raw and cooked. Try adding chopped celery to your favourite salad recipe. Enjoy the delicious tradition of eating peanut butter on celery stalks or eat with hummus, use celery leaves in salads or next time you are making fresh squeezed carrot juice give it a unique taste dimension by adding some celery to it. Add celery leaves and sliced celery stalks to soups, stews, casseroles and stir-frys.... The possibilities are endless!

Recipe

Cream of Celery Soup

Ingredients (6 servings):

- 1 medium white onion – peeled and chopped
- 1 head of celery – cut the ends off and cut the stalks into thirds
- 1/4 cup of white wine or 2 tablespoons of white wine vinegar plus 2 tablespoons of water
- 1 teaspoon of vegan butter (optional)
- 2 cups (400ml) of unsweetened almond milk*
- 3 teaspoons of lemon juice
- 1/4 cup of basil leaves
- 1 teaspoon of fresh celery leaf
- 1 to 2 teaspoons of ground sea salt (use at least one teaspoon to season)
- 1/2 teaspoon of ground white pepper

Method:

1. Put a steamer basket in a large pot and fill with water level with the top of the basket. Bring the water to a boil. Add the celery stalks, cover the pan and steam for approximately ten minutes or until the celery is soft.
2. In a medium sauce pan add a tablespoon of water to the pan and heat on medium heat. When the water begins to steam add the chopped onion and stir. Turn the heat to medium-low and cover the pan to allow the onions to sweat for approximately four minutes. Deglaze the pan with the wine or the white wine vinegar and water. Turn off the heat.
3. Add the butter to the pan with the onion and let it melt.
4. Put the almond milk, celery, onions, basil, lemon juice, celery leaf, salt and white pepper in the blender and blend on the soup setting, or on a high speed, until smooth and creamy.
5. Pour the soup back into the pan that you used to cook the onions and heat to desired temperature.

*Please note: 2 cups (400ml) Almond Milk = 1 exchange – however this recipe provides 6 servings

Best bit -

We're naturally low in protein and can make up a delicious part of your diet – so what are you waiting for give me a try.

How many times did you try it? _____.

Did you earn your star? ★

