

## Celery and Celeriac

Originating in Eurasia, and bred into its current form in 15<sup>th</sup> and 16<sup>th</sup> century Italy, celery is ubiquitous in American kitchens. Celeriac, also known as celery root, packs in serious health benefits: It's high in fiber, potassium, magnesium, and vitamin B6



### TIPS:

**Short-term Storage:** Keep fresh celery in plastic in the refrigerator.

**Long-term Storage:** Store celery in it's cooked form (soups, stews, etc.) Store dry celeriac in the refrigerator for a few weeks, or keep in a cool humid place for months.

**General Cooking Info:** Celery leaves can be used in soups and salads. Celeriac can be used just like you would a potato or rutabaga. We don't blanch our celery so they tend to have a stronger flavor than what you may be used to. For this reason, using it in cooked recipes is a great way to utilize the strong flavor.

**Growing info:** Garden celery descends from a marsh plant. So providing a lot of water to celery is crucial to producing succulent stalks. We start seed for celery in February and March. And it is usually ready to harvest in mid-summer. This year we'll plant a second planting later to be harvested in early fall. Celery requires a high amount of nitrogen in the soil

**Common Problems:** Even a small amount of drought stress can cause the stalks to go pithy and dry. So we must be very vigilant about watering. Sometimes aphids colonize some plants and transmit viral diseases causing the foliage to twist and deform.



celeriac (celery root)

### **Celery Salad**

3/4 cup sliced celery  
 1/3 cup dried sweet cherries  
 1/3 cup frozen green peas,  
 thawed  
 3 tablespoons chopped fresh  
 parsley  
 1 1/2 tablespoons fat-free  
 mayonnaise  
 1 1/2 tablespoons plain low-fat  
 yogurt  
 1 tablespoon chopped pecans,  
 toasted  
 1 1/2 teaspoons fresh lemon  
 juice  
 1/8 teaspoon salt  
 1/8 teaspoon black pepper

Combine all ingredients; chill.

*from Myrecipes.com*

### **Green Apple and Celery Salad with Walnuts and Mustard Vinaigrette**

1/4 cup fresh lemon juice  
 1/4 cup Dijon mustard  
 5 teaspoons honey  
 2/3 cup extra-virgin olive oil  
 1 large bunch celery with leaves  
 2 large Granny Smith apples,  
 peeled, quartered, cored; each  
 quarter cut into 2 wedges, then  
 thinly sliced crosswise into  
 triangle shapes  
 3/4 cup walnuts, toasted,  
 chopped

Whisk first 3 ingredients in small  
 bowl to blend. Gradually whisk  
 in oil.

Season vinaigrette with salt and  
 pepper.

Trim celery leaves and chop  
 enough to measure 1 cup.

Thinly slice stalks on deep  
 diagonal. Place celery pieces in  
 bowl of cold water. (Vinaigrette,  
 celery leaves, and celery pieces  
 can be prepared 1 day ahead.

Cover separately and  
 refrigerate.)

Drain celery; pat dry with paper  
 towels. Combine celery, celery  
 leaves, apples, and walnuts in  
 large bowl. Add vinaigrette and  
 toss to coat. Season salad to  
 taste with salt and pepper.

*from epicurious.com*

### **Sweet and Sour Celery**

1 bunch celery, leaves removed,  
 stalks cut on the diagonal into 1-  
 inch slices

1 Tbs. sugar  
 1/4 tsp. salt  
 1/8 tsp. cayenne pepper  
 1/4 cup cider vinegar  
 1 tbs. finely chopped sweet red  
 pepper

Pour enough water into a large  
 skillet to fill about 1/4-inch deep.  
 Add celery, sugar, salt and  
 cayenne pepper. Cover, leaving

the lid slightly ajar, and bring to  
 boil. Cook until celery is tender  
 and liquid has evaporated, about  
 5 minutes. Remove from heat;  
 stir in the vinegar. Transfer to a  
 serving dish and scatter sweet  
 pepper over the top. Serve  
 immediately. Four servings.

*from Asparagus to Zucchini: A  
 Guide to Farm-Fresh Seasonal  
 Produce by the Madison Area  
 CSA Coalition*

### **Cream of Celery Soup**

3 quarts chicken stock  
 3 pounds celery, coarsely  
 chopped  
 1/2 pound carrots, julienned  
 1/2 pound onions, chopped  
 1 cup all-purpose flour  
 1 tablespoon salt  
 1 teaspoon ground white pepper  
 3 quarts hot milk  
 1 cup butter

Pour the chicken stock into a  
 large pot, and bring to a boil.  
 Add the celery, carrots and  
 onion to the pot. Whisk together  
 the flour, salt, pepper, and milk;  
 add to the pot along with the  
 butter. Boil for 10 minutes, then  
 strain out the vegetables by  
 pouring through a sieve, or if the  
 vegetables are large enough, a  
 colander may be used.

### Celeriac Slaw

2 Celeriac; grated thin  
 2 Carrots; grated thin  
 2 Heads Savoy cabbage;  
 chopped fine  
 2 Red onions; sliced thin  
 1/3 c Red wine vinegar  
 1/4 c Sugar  
 Saffron Mayonnaise  
 6 Egg yolks  
 2 tb Dijon mustard  
 2 ts Salt  
 1 pn Saffron; crumbled  
 2 tb Lemon juice  
 3 c Canola oil

To make dressing: Whisk yolks with mustard in bowl. Stir in salt, pepper, saffron, and lemon juice.

Slowly drizzle in canola oil until thick and creamy consistency.

To make slaw: Toss celeriac, carrot, cabbage, and red onion with red vinegar, sugar, salt and pepper.

Mix slaw with saffron mayonnaise to taste. (optional: regular mayonnaise)

### Celeriac Mash

3 cups 1/2-inch dice peeled celeriac (celery root; from about one 18-ounce celeriac)  
 1 12-ounce russet potato, peeled, cut into 1 1/2-inch chunks (about 2 1/2 cups)  
 1/4 cup whipping cream  
 2 tablespoons (1/4 stick) butter

print a shopping list for this recipe

Preparation Cook celeriac in large saucepan of boiling salted water 15 minutes. Add potato and boil until celeriac and potato are very tender, about 15 minutes longer. Drain. Return to same saucepan; stir over medium-high heat until any excess liquid in pan evaporates, about 2 minutes. Add cream and butter; mash until mixture is almost smooth. Season to taste with salt and pepper.

from epicurious.com

### French Onion Soup with Celeriac

Ingredients  
 1 head garlic  
 1 teaspoon olive oil  
 salt to taste  
 1/2 cup butter, softened  
 2 tablespoons olive oil  
 2 tablespoons butter, melted  
 3 large sweet onions, chopped  
 1 celeriac (celery root), chopped  
 2 cups beef broth  
 1 cup dry red wine  
 2 cups vegetable broth  
 1 head garlic cloves, chopped  
 2 teaspoons paprika  
 2 tablespoons dried parsley  
 Cajun seasoning to taste  
 salt and pepper to taste  
 1 loaf French bread, toasted and sliced  
 1 cup shredded Swiss cheese

Directions

1. Preheat oven to 425 degrees F (220 degrees C). Slice the top off the whole head of garlic, sprinkle with 1 teaspoon olive oil, and season with salt. Wrap loosely in foil, and bake 45 minutes, or until the cloves are very soft. Squeeze the cloves into a small bowl, and mix with the 1/2 cup softened butter.
2. Heat 2 tablespoons olive oil in a large pot over medium heat. Melt 2 tablespoons butter in the pot, and blend with the oil. Stir in the onions and celery root, and saute until the onions are lightly browned. Reduce heat to medium low, and mix in the beef broth, wine, and vegetable broth. Mix in the chopped garlic, and season with paprika, parsley, Cajun seasoning, salt, and pepper. Simmer, stirring occasionally, for 1 hour.
3. Preheat the oven broiler.
4. Spread the toasted bread slices with the garlic butter. Ladle the soup into oven safe bowls, and place the bowls on a baking sheet. Reserving remaining bread, place one slice of toasted bread on top of the soup in each bowl, and sprinkle with Swiss cheese.
5. Broil soup 5 minutes in the preheated oven, until the Swiss cheese is melted. Cool for about 2 minutes before serving warm with remaining garlic bread.

from Allrecipes.com