

# Celery

- Trim away leaves & bottom core. Cut into 1 inch pieces.
- Use leaves to add flavor to soups & stocks. Slice up to stalk and add to salads, soups, or stir-fry.
- Take your time eating (good for 2 weeks-1 month)

Store the entire stalk wrapped loosely in plastic or foil in the refrigerator.

*To freeze: cut stalks into smaller pieces, blanch 3 min, cool, dry and store in plastic bag. Frozen celery is best cooked to maintain crunchiness.*

