Fresh Vegetable

CELERY



Ref: CEL-01

Italian name: Sedano

Weight: 4-5 kg

Description: Celery is used around the world as a vegetable for the crisp petiole (leaf stalk). The leaves are strongly flavoured and are used less often, either as a flavouring in soups and stews or as a dried herb

Season: from September to March

Serving suggestion: Crop the stalks and the leafy tops and eat raw in a salad. Braise to eat as a side dish (10-15 minutes); slice diagonally for stir fries (stir fries in 4-6 minutes) or chop and add to soups and stews.

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