Ants on a Log
Serves: 5-8, Prep time: 5 min
- 5 stalks celery
- 2 Tbsp. peanut butter or other nut butter
- ¼ cup packed raisins

Chop celery stalks into 15 sticks. Spread nut butter onto sticks, top with raisins.

Variations: Try filling celery stalks with hummus or herbed goat cheese and topping with sliced cherry tomatoes or olives for “caterpillars” on a log.

Mountain Bounty is a 50-acre organic family farm located on the San Juan Ridge near Nevada City, California. They are the oldest and largest CSA farm in the Sierras. They provide weekly boxes of delicious, fresh produce year-round to their members throughout Nevada County. John Tecklin started Mountain Bounty Farm in 1997. Since then, Mountain Bounty has become an increasingly collaborative effort, with a team of farmers working together.

Recommended Daily Amounts of Fruits and Vegetables

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups/day</td>
<td>4½ - 6½ cups/day</td>
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<tr>
<td>Females</td>
<td>2½ - 5 cups/day</td>
<td>3½ - 5 cups/day</td>
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Celery Fun Facts

For all ages:

Celery is a marshland plant that is grown on muddy or “muck” soils—it requires wet soils high in nutrients.

Archeologists discovered celery leaves in King Tut’s tomb. Cultivation of celery is believed to have started 3000 years ago in the Mediterranean region.

Celery can reach a height of 3.3 feet.

Celery is a relative of carrots, parsley, dill, fennel, parsnip, anise, cumin and coriander.

Celery was originally used as a medicine for toothache, anxiety, arthritis, and to purify the blood.

Celery can be eaten raw or cooked. Celery leaves are very flavorful, and delicious in soup or dried as a seasoning. Celery seeds are also used as a seasoning.

For older students:

Celery is low in calories but high in fiber. Dieters sometimes eat it because it is filling, but low-calorie and low-fat.

Celery is rich in vitamin K, and it also contains folate, vitamin A, potassium, and vitamin C.

The scientific name for celery is *Apium graveolens* var. *graveolens*. It is in the Apiaceae family. Two other varieties of the same species are celeriac, also known as celery root, and leaf celery.

Celery is one of the fruits and vegetables found to be highest in pesticide residues. By buying organic celery you avoid these pesticides.

Modern varieties of celery have been selected to have long stalks—these stalks that most people eat are actually elongated leaf petioles—stalks connecting the leaves to the stem.

Young celery plants are usually transplanted out in deep trenches, where soil is mounded around the stems to exclude light, “blanching” the stems and keeping them pale in color.