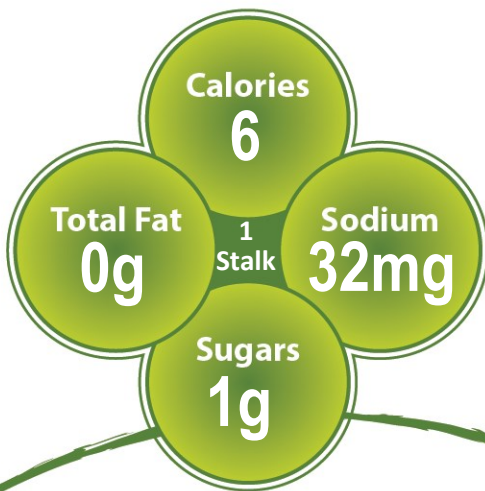


# Harvest of the Month

Celery



## FUN FACTS:

Celery is great for helping to clean your mouth and teeth so munch on it any time, but especially after meals.



# Harvest of the Month

Celery



## FUN FACTS:

It takes only one ounce of celery seeds to grow an acre of celery, which will produce 32,000-42,000 celery plants.

In Ancient Greece, celery was used as a "bouquet of flowers" to reward winners of athletic games.

Celery is thought to promote a good night's sleep because of the vitamins, mineral salts and nutrients it contains.

