

Celeriac Information Sheet

Today's Farm to School Snack features local celeriac!

While celeriac originated in the Mediterranean region and Northern Europe, the celeriac you will be trying today were grown locally at:

 in

How Does It Grow?

Celeriac is a variety of celery that is grown for its knobby, round root instead of for its stalk and leaves. Since celeriac seeds are tiny and take a long time to grow, they are first started in a greenhouse and then transplanted into a field in late spring. The vegetable is ready for harvest when the large root is the size of a baseball. Celeriac has a lumpy exterior, with squiggly roots on one end and green stalks on the other. Inside, it is smooth and white. Celeriac can be enjoyed raw, boiled and mashed, fried, roasted, or added to soups.



Fun Facts

- Celeriac is also known as celery root, bulb celery, or turnip-rooted celery.
- Celeriac has a mild celery-like flavor with an earthy, nutty twist. Its taste is often described as a blend of celery and parsley.

Around the World

Celeriac comes from wild celery, which early civilizations used for medicine and religious ceremonies. It was first grown as a food crop in 16th-century Italy and France. Celeriac remains a popular vegetable in European cuisine. In France, it's used in celeriac remoulade, a salad made with grated celeriac and a tangy mustard-mayo dressing. While widely enjoyed in Europe, celeriac has only recently become more common in North America.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include celeriac.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this interesting snack!

Find more resources at www.nourishns.ca