



# Eat More Arizona Grown Celery

## Nutrients Found in Celery

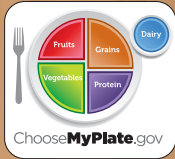
- Fiber**      Helps keep your heart healthy and improves digestion
- Vitamin A**      Helps your eyes and skin stay healthy
- Vitamin C**      Helps keep your teeth and gums stay healthy

# CELERY



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Celery is one of the top Arizona grown items purchased in Arizona schools next to leafy greens and carrots. Most recently, total celery production extended to 975 acres. Arizona produced 5,601,500 pounds of organic celery in one year!



Choose stalks that look fresh, crisp and free from yellow edges.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.