

Celery



Celery contains Vitamins A, K, and C. It also contains minerals like potassium, sodium, calcium, manganese and magnesium.



The seeds of celery come from the flowers of the plant. Celery seeds are very tiny, they look like dots.

Celery is locally grown here in Hawaii. They thrive and are ready to be harvested from February through October.



Celery grow in bunches on the ground and are a stem vegetable. They grow to about 50-60 cm long thriving in the warmer months.