

## — CELERIAC —



**C**eleriac is a root vegetable in the Parsley family. It is also known as the turnip-rooted celery, a variety of celery that has been harvested specifically for its large, starchy root. It is harvested when it reaches about 10-15 cm in diameter and can be eaten raw or cooked. It is a good alternative to starches, such as potatoes, and is closely related to parsnips, carrots, parsley, and anise.

### History

Celeriac was a favorite in old France where it was steamed in lemon juice and then dressed in a mustard mayonnaise. It has also been known to have medicinal and religious uses in early Egypt, Greece, and Italy.



### Botanical Facts

Celery and celeriac are evolved from the same plant, *Apium graveolens*. They were cultivated to enhance their desired traits; the root for celeriac and the shoots for celery. While they originate from the same plant, they have very different uses; celeriac as a starchy root, and celery as a fresh vegetable.

# More about.. CELERIAC

## Facts



- Celeriac is similar to celery, with a mild, more nutty, and slightly sweeter flavor.
- It is native to the Mediterranean Basin and Northern Europe and originally grew wild.
- The root is called the hypocotyl.
- It is most commonly used in mashes, soups, casseroles, and savory dishes.

## Storage

Celeriac can be kept in the refrigerator or cool dark space for several weeks. Make sure to dry it, cut off any remaining greenery and place in a plastic bag with some ventilation. It does well at very cool temperatures between 32°F and 41°F but should not be frozen.



See **RECIPES** section on our website for recipe ideas

## Nutrition Facts

Celeriac is a good source of fiber, magnesium, manganese, vitamins B6, C, K, as well as phosphorus and potassium. It is low in saturated fat and has very low cholesterol.

### NUTRITION FACTS

Serving Size 156g

Amount per Serving

Calories 22      Calories from Fat 4

% Daily Value\*

Total Fat 0g      1%

Saturated Fat 0g      1%

Trans Fat

Cholesterol 0mg      0%

Sodium 16mg      7%

Total Carbohydrate 5g      5%

Dietary Fiber 2g      11%

Sugars 3g

Protein 1g

Vitamin A 0% • Vitamin C 21%

Calcium 7% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs.

NutritionData.com

## Preparing & Cooking Celeriac

- Cut the green ends off the top of the root. Then peel and halve the root. It can be shredded, julienned, sliced, mashed, and served raw on a salad or as a dipping stick.
- Celeriac necessitates a short cooking time to maintain flavor. About 10-15 minutes boiling, or 12-18 minutes steaming. Add lemon or vinegar to cooking water to avoid oxidation.
- It is tasty drizzled with olive oil, salt and pepper and roasted.
- Celeriac is delicious in a root mash, mixed with parsnips, potatoes, and turnips.
- Celeriac is also wonderful in soups. Add it to minestrone or to a seasonal favorite such as sweet potato or squash soups.