

NEWSLETTER

2024 CSA

WEEK 4



Celery

Welcome to week 4. We finally have celery! This vegetable has a fascinating history and unique properties beyond its culinary uses. Dating back to ancient times, celery was prized by the Greeks and Romans not just for its flavor but also for its medicinal benefits, believed to aid in digestion and cleansing. With crisp texture and subtle flavor, it is a versatile vegetable that adds both freshness and depth to dishes. Often enjoyed raw as a snack or added to salads for its refreshing crunch, celery can add a distinctive taste to soups, stews, and stir-fries. Although it is mostly used as a base flavor, it can be cooked to make its own side dish. I am including a recipe for braised celery that is really simple and only uses five ingredients, including salt and pepper. It is perfect to pair with meats or low carb meals. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby G.

Braised Celery Side Dish

Ingredients (serves 4)

6-8 stalks of celery

2 tablespoon butter

¼ teaspoon salt (or to taste)

¼ teaspoon pepper (or to taste)

¾ cup vegetable stock

1. Wash the celery then top and tail it, reserving any leaves for later.
2. Cut the celery, on the diagonal, into 1 inch chunks.
3. Melt the butter in a heavy based skillet or pan (one that has a lid)
4. Add the celery, salt and pepper, then sauté gently for 5 minutes until it has started to soften.
5. Add the stock and bring to a simmer.
6. Cover the pan and cook for 5 minutes.
7. Remove the lid and cook for a further 5 minutes so the liquid can evaporate.
8. Serve garnished with any reserved leaves.

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in the box

Curly Green Kale bunch

Romano Beans 1 lb

Lettuce - Romaine head

Celery bunch

Broccolini bunch

Carrots bunch

Basil - Italian bunch

Tomato - Cherry Mix pint

Strawberries pint



Source: sprinkledandsprout.com

