



“Recall that whatever lofty things you might accomplish today, you will do them only because you first ate something that grew out of the dirt.”

~Barbara Kingsolver~

Celery

Celery has been part of human history for a long time. Celery leaves were part of the remains found in the tomb of King Tut who died in 1323 BC. In ancient Greece, celery leaves were used as garlands for the dead and to make wreaths or crowns that were given to the winners of battles. There are even references to celery in Homer's Iliad and The Odyssey.

Celery (*Apium graveolens*) is a vegetable with a lot of health benefits. It is an excellent source of antioxidants and beneficial enzymes, in addition to vitamin K, vitamin C, potassium, folate and vitamin B6. In folk medicine, celery was used as an anti-hypertensive agent and it continues to help to improve blood pressure and cholesterol levels in present day. Most importantly, celery is a great source of dietary fiber. Don't forget to eat those leaves too!



This week's CSA share contains:

- Tendersweet Cabbage
- Tango Celery
- Butternut Squash
- Rainbow Cherry Tomatoes
- Oak leaf lettuce head
- Rainbow Carrots
- Easter Egg Radishes
- Sweet Potatoes



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Here is a recipe that incorporates butternut squash, carrots, cabbage, and celery from this weeks CSA share!

Curry Winter Squash and Lentil Soup

Total Time: 60 mins.

Servings: 2



Ingredients

1 onion, chopped	4 celery ribs, chopped
1 Tbsp. coconut oil	3 Tbsp. curry powder
6 cups vegetable or chicken stock	1 can coconut milk
1 cup green lentil, washed	1 butternut squash, peeled and chopped
1 acorn squash, peeled and chopped	2 cups cabbage, chopped
a few carrots, chopped	

Preparation

1. In a large soup pot combine onion, celery, coconut oil and curry powder and sauté over medium heat.
2. When onions are soft, add the broth, coconut milk and lentils. Simmer; stirring occasionally for about 30 minutes, adding water if needed to desired consistency.
3. Add squash, cook an additional 20 minutes or until lentils and squash are cooked and tender.
4. Cook longer for a thicker soup.
5. Serve with some homemade biscuits or rolls. You can also add chicken!