



FOOD  
FROM  
HOME

Colour your celery!



# CELERY SNAIL



Serves 10



10 minutes



Winter/Spring



Celery

## INGREDIENTS

- Celery bunch
- 1 apple
- 1 bunch of grapes
- 100g of cream cheese or nut butter
- 30g of sultanas

## METHOD

1. Take one celery stalk and cut into 10-15cm lengths. This will form the body of the snail.
2. Slice your apple horizontally into thin pieces. About 0.5cm thick.
3. To assemble your snail, spread some cream cheese or nut butter in the side of your celery that is smooth. It will be the side that is hollowed out.
4. Add a grape to one end of your celery. This is the head of your snail.
5. Add one slice of apple behind your grape. This is the shell part of the snail.
6. Attach two sultanas as eyes by using a small amount of peanut butter or cream cheese as glue.

## TIPS

- For a special treat you can buy candy eyes or use chocolate chips as eyes.
- Compost any leftover vegetable scraps.



FOOD  
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# CELERY RISSOTO



Serves 4



25 minutes



Winter/Spring



Celery, onion

## INGREDIENTS:

- 1 whole celery
- 1 large onion or 1 bunch spring onion
- 2 tablespoons olive oil
- 250g (around 1.5 cups) Arborio rice
- 1 litre chicken or vegetable stock
- 200g low fat cottage cheese or silken tofu
- Optional parmesan cheese

## METHOD:

1. Chop the onion or spring onion into 1cm pieces and set aside.
2. Cut the base of the celery, around 5 centimeters from the end.
3. Remove the outer dark green stalks.
4. Cut off celery leaves from the inner stalks and set aside.
5. Wash the remaining celery stalks well to remove any dirt, then chop them into 1cm pieces.
6. Place a saucepan on the stove and turn the heat to medium. Add olive oil, onions, and celery. Cook until just softened.
7. Add in Arborio rice and stir well for 1 minute.
8. Add ½ cup of the heated stock and stir until absorbed.
9. Repeat step 8 until all of the stock is used up.
10. Taste the rice to see if it is fully cooked – it should be mostly soft with a little bit of hard left in the rice “al dente”. If it is still too hard, add in a little bit of hot water and continue stirring.
11. Blend the cottage cheese or tofu in a blender until smooth. Stir into the cooked risotto.
12. If you kept aside some of the chopped celery leaves, add it to the risotto now.
13. Stir for 2 minutes and remove from the heat. Optional: Add parmesan cheese to serve.

## TIPS:

- The outer dark green stalks can be added to your compost or worm farm.



# Growing Celery

## How to grow celery from a seedling (little plant):



1. Find a sunny spot outside to put your celery plant. Space multiple celery plants 25cm apart.



2. Use organic soil and add mulch over the top. This will help keep the soil moist.



3. Water your celery plant every 1-3 days, depending on the weather. Make sure the soil does not dry out.

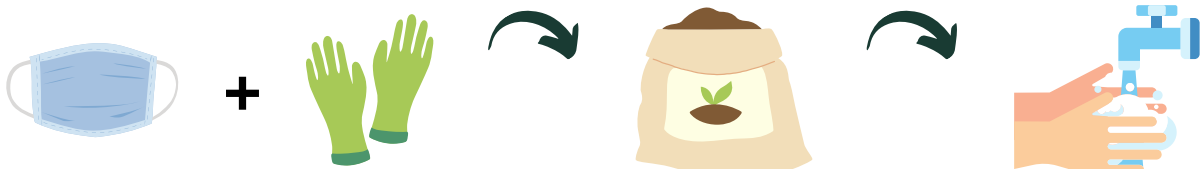


3. Feed your celery plant with a liquid fertiliser once per week.



4. After 14 weeks you can pick the whole celery plant to eat. You can also remove and eat the outer stalks as they grow.

Be careful when touching soil. Wear a mask and gloves if you have them. Wash your hands with soap and water after gardening.



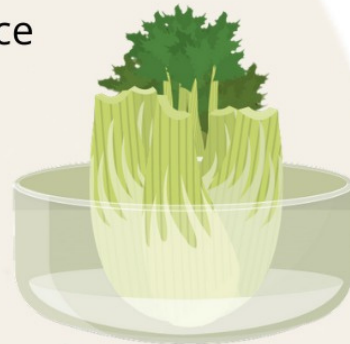
# Regrow Food Scraps

There are many common foods that you can re-grow from scraps. When cutting vegetables, you can use the leftover pieces to sprout ready-to-eat fresh produce!

Examples of easy to re-grow veggies include celery, lettuce, potato, onion and carrot.

## Why should you re-grow vegetables?

- Reduces food waste and packaging
- Saves money on buying fresh produce
- Easy for beginner growers
- Fun activity to involve kids



## Basic rules:

- Change the water daily to avoid slime
- Keep plants in bright indirect sunlight
- When moving plants outside, keep in a shadier spot and then gradually move to a sunnier spot
- Keep the soil slightly damp, not wet

For more information, visit [www.foodfromhome.org](http://www.foodfromhome.org)



# Regrowing Celery

You can regrow both homegrown and store-bought celery. It is very easy and produces more yummy celery stalks to eat.

1. Cut the base of the celery off the stalks.
2. Rinse the celery base well until it is clean.
3. Place the celery base in a shallow glass of water.
4. Put the glass of water in a warm and bright position which is out of direct sunlight. This could be your kitchen bench.
5. Change the water every day.
6. After 1 week you will see new leaves grow from inside the base. After 10–14 days, you can transfer the plant into soil to be regrown fully.

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