

Celeriac



Preparation

Scrub well with a brush under cold water. Slice off the knobby outer skin and then cut into sections. It can be eaten raw in salads or boiled and mashed. You can also bake it whole in its skin.

Nutrition

Celeriac has many health benefits. Because it is rich in vitamins and minerals it helps boost the immune system, supports digestive health and bone density, maintains muscle and skin health, reduces inflammation, and can help to prevent Parkinson's. Celeriac is easily prepared by boiling and mashing it.

Storage

Trim side roots and leaves and store unwashed in the refrigerator crisper or a dark cool place. Will keep 1-2 weeks.

