

All about B.C. Celery

Farmers in B.C. grow celery alongside many other vegetables. **Rich soil, plenty of water, and protection from hot sun and high temperatures** helps celery thrive.

Did you know? Celery is a **“cut-and-come-again”** plant, which means you can harvest its stalks and they will **grow back!**

Celery is about 95% water and is full of **vitamin K** and **fibre** – nutrients that support healing and healthy digestion.



Guess what? **Celery leaves are edible too!** They taste a bit like parsley and can be used in soups, salads, and more!

In the early 1900s, the **Okanagan Valley** was known for its celery, with Armstrong nicknamed **“celery city.”**

The long strings inside celery are called **vascular bundles**, and they are in charge of sending water and sugars around the plant.



Lydia's farm is an organic mixed operation producing 40-50 types of vegetables each year, including **3000 heads of celery**.

The farm's success depends on the efforts of **many hands working together** – especially in the summer months, when people come from all over the world to help.



“I always knew I wanted to be a farmer, but when I was 12, I thought I might want to be a detective. Now I get to play **detective** on the farm – when plants have diseases or pest issues, you do the same type of **sleuthing**, you use those same **observational skills.**”
– *Lydia, vegetable farmer, Delta B.C.*



Farmer Lydia farms on Westham Island in Delta, the traditional land of many First Nations, including the **Tsawwassen** and **Musqueam** people who speak Hun'qumi'num.

In **Halq'eméylem**, a dialect of Hun'qumi'num that is also spoken in the area, the word for vegetable is **s'alhtel**.

Westham Island in Delta rests upon the homelands and unceded territory of the Tsawwassen, Musqueam, Stó:lō, Semiahmoo, Stz'uminus, Cayuse, Umatilla and Walla Walla people, and the Hul'qumi'num Treaty Group.



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