

【Water celery】

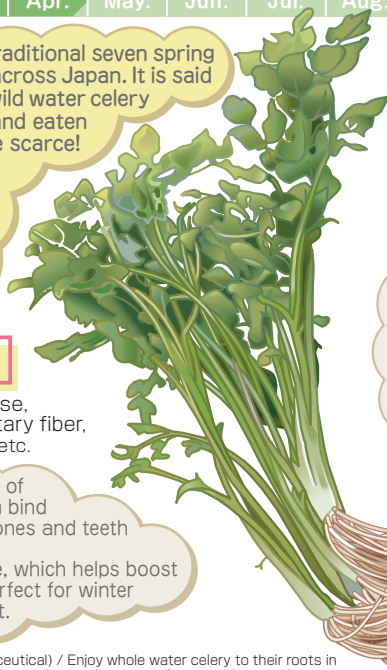
The aroma and crunchiness
make it irresistibly delicious!

Now in
season

Mar. Apr. May Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



Water celery is one of the traditional seven spring herbs and grows naturally across Japan. It is said that the first use of edible wild water celery began when it was picked and eaten in winter when greens were scarce! Even its roots are edible. Sometimes it is sold with the roots cut short, but be sure to buy it if you come across water celery with the roots still attached♪



Nutritional Content



● Vitamin K, folic acid, manganese, beta-carotene (vitamin A), dietary fiber, copper, potassium, vitamin C, etc.

As water celery contains a lot of vitamin K, which helps calcium bind to bones, it can strengthen bones and teeth and prevent osteoporosis. It also contains beta-carotene, which helps boost the immune system, so it is perfect for winter when colds are more prevalent.

Reference websites: Nutrition College "Vitamin K" (Otsuka Pharmaceutical) / Enjoy whole water celery to their roots in Sendai City's "Sendai water celery hot pot" (Tokimeku, Tohoku) / Primary tips on the types of water celery and how to choose them (olive-nitomawashi) **Reference:** "Ingredient Encyclopedia for Healthy Daily Living," NHK Publishing, Nov. 2018



How to Choose and Store

- Choose celery that is lush and deep green all the way to the tips of the leaves.
- Wrap the roots with a wet paper towel, put the celery in a plastic bag, and store it upright in the vegetable compartment.



Recommended Dishes

Simple dishes to enjoy its aroma and texture are the best! Only boil the celery for a short time in order to keep its flavor and texture and to prevent strong bitterness!

Boiled water celery
in bonito-flavored
soy sauce



Water
celery
hot pot



[Note] When turnips are in season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
(English version)!

The website is available in English. Please be sure to read it.



Click "English"
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<http://www.sonykenpo.or.jp/>

