



**TOZER SEEDS  
AMERICA**

Global vegetable seed expertise

**NEWSLETTER**



## The Wonders of Celery



Celery is an excellent source of antioxidants and beneficial enzymes, in addition to plenty of vitamins and minerals. It contains almost no calories and is filled with good sodium that is essential to your health - which is why it is very popular as a cleansing and detoxifying food.

Learn more about our celery varieties [here](#).

### Hadrian TZ 9077 F1

Hadrian is the newest dark green celery variety showing good height and excellent weight in trials in Europe and USA.



### Hudson TZ 3540

This is a main season onwards variety. It is compact, high yielding with an excellent petiole count. Excellent fusarium tolerance. New for trials.



## Rivalry TZ 3539

This is a main season onwards variety. It is compact and has excellent Fusarium tolerance. New for trials.



## TZ 6200 F1

A standard green variety ideal for main season plantings onwards. Performs extremely well in the USA where it displays excellent fusarium resistance. Produces heavy yields with relatively smooth petioles and easily trimmed sticks. A compact tidy plant. Flavor is consistent with a typical mild celery taste.



## TZ 0295 F1

Another standard green variety ideal for main season plantings. Performs extremely well in the USA where it displays excellent fusarium resistance. Produces good long petioles and heavy sticks. Flavor is consistent with a typical mild celery taste.



[Click Here to Learn More About Celery Varieties](#)

## Celery, Apple and Mint Slaw

Total Time: 40 minutes

### Ingredients

- 2 celery stalks
- 2 tart apples
- 1/2 bunch mint, rinsed and diced
- Juice and zest of 1 lemon
- 1/2 cup olive oil
- Salt and pepper, to taste



## Instructions

- Rinse and julienne the celery into thin matchsticks
- Thinly slice the apple then cut the slices into matchsticks as well
- Toss together the celery and apple in a large bowl
- In a small bowl, whisk together the lemon, olive oil and mint. Season with salt and pepper.
- Drizzle the dressing over the celery and apple, tossing a bit to coat. Serve immediately.

Find the original recipe here: <http://www.gritsandchopsticks.com/the-gravy-train/2017/03/celery-apple-and-mint-slaw.html>



Cultivation of celery is believed to have started 3000 years ago in the Mediterranean.



Ancient Greek physicians would prescribe celery as a nerve soother.



Celeryville, Ohio was founded by early 19th-century celery farmers.



*Copyright © 2018 Tozer Seeds America LLC, All rights reserved.*

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)