

# ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

## Celeriac

*Apium graveolens var. Rapaceum*

There are 20 species of annuals, biennials and perennials in this genus.

*Apium graveolens* has always been regarded as one of the most important vegetables in the world. It's use as a flavoring goes back to the earliest times and it has even been recorded that traces of it were found to be around at the time of the Great Pharaohs.

There are 3 main forms of *Apium graveolens* all of which are characterized by the distinct celery flavor. Smallage or wild celery is also known as leaf celery and the leaves and stems are all used. From this wild form comes Celery, *A. graveolens* var. *dulce*, with its succulent leaf stems and is popular vegetable the world over.

Celeriac, *A. Graveolens* var. *rapaceum* is distinguished by its large swollen base or corm. The flesh is white.

### PARTS USED

Leaves, stems, seeds

### PROPERTIES

A celery-scented herb rich in vitamins and minerals.

### USES OF THE HERB

#### Culinary

The corm can be peeled and grated and used to add a celery flavor to many dishes. Leaves can be cooked as a vegetable.

#### Medicinal

Wild celery has been used for asthmatic and bronchial conditions as well as rheumatoid arthritis. It has also been used as a sedative and to assist with some kidney problems

### CULTIVATION

Rich, moist soil in sun or partial shade. Provide ample water over summer months to produce large swollen bases. Remove outer leaves in mid-summer and mulch heavily.

### HARVEST

Pick leaves as needed. Seed should be collected when ripe. Celeriac is ready to dig when the base is large enough to use.



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Height .5-1m (1-3ft) x Spread 15-30cm(6-12in)



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