

Celery Seed

Apium graveolens 15 ml

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PRODUCT INFORMATION PAGE



PRIMARY BENEFITS

- A flavourful addition to a variety of dishes.
- Known for its complex, strong, sweet and spicy aroma.

PRODUCT DESCRIPTION

With usage dating back as early as 5th century China, celery has become a well-known staple in a variety of dishes. Fresh, in-season celery plants – like those found at local farmer's markets – grow up to three feet tall, are bright green and radiating with life. Celery is known to have a complex, strong, sweet and spicy aroma. The plant takes two years to fully mature and produce its small fruit, which are tan to brown in colour. The seeds are the primary repository for essential oil, which is extracted using steam distillation.

USES

- Add a couple of drops to your morning smoothie for a beneficial twist.
- Add a few drops to a glass of water.
- Make cooking easy by using Celery Seed essential oil in place of fresh celery.

COOKING WITH CELERY SEED

Essential oils are very potent compared to dry seasonings, spices, or other flavouring agents, so even the tiniest amount can add a serious blast of flavour to your dish. When using Celery Seed essential oil in cooking, it is best to use the toothpick method – dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. After you've stirred the toothpick around in the dish, do a taste test to see whether you want to add more of the oil or not.

DIRECTIONS FOR USE

For food flavouring

CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa.

