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Check out these resources for more recipes and information about spices!

Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at Bins and Bins at 107 Shirreff Ave., North Bay, ON.

Tell them the NBPL sent you!  
Receive 10% off your purchase at Bins and Bins when you mention our Spice Club!

## SHOW US WHAT YOU'VE MADE!

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## Spice Club

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JULY  
2023:  
CELERY SEED





## THIS MONTH'S SPICE: CELERY SEED

### EASY VINEGAR COLESLAW

#### Ingredients

#### SALAD

- 1 head of green cabbage, finely shredded
- 1 large carrot, grated
- 1/2 yellow or red onion, finely sliced

#### DRESSING

- 1/3 cup apple cider vinegar
- 3 tbsp olive oil
- 1 tbsp honey, (or more, depending on sweetness)
- 1/2 tbsp Dijon mustard
- 1 tsp celery seed
- 1/4 tsp salt
- 1/4 tsp black pepper

#### INSTRUCTIONS

- Add the shredded green cabbage, carrot and onion to a large bowl.
- In a smaller bowl, whisk together the apple cider vinegar, Dijon mustard, honey, olive oil, celery seed, salt and pepper to create the dressing. Taste the dressing and decide if you'd like to add more honey.
- Add about half of the dressing to the cabbage, onions and carrots and gently toss. Slowly add more dressing until you've reached your desired consistency.
- Serve and enjoy!

This recipe makes approximately 12 cups of vinegar coleslaw.

You can also store it in the fridge for 3-5 days.

This recipe came from Downshiftology  
(<https://downshiftology.com/recipes>)

## DID YOU KNOW?

Celery seed comes from smallage - the wild celery from which celery developed - and this plant is native to southern Europe, the Middle East and the U.S.

Wild celery bears little resemblance to the edible vegetable we find in stores. Celery seeds are so small that there are more than a millions seeds in two pounds (1 kg)!

(from The Spice and Herb Bible 3rd edition by Ian Hemphill)