

LEEKS



A leek is a member of the onion family, Allium. It is smaller and much milder in flavor than the onion, especially when sautéed. History shows that Leeks have been consumed as far back as the Ancient Egyptians; they included them in their diet while building the pyramids.

Hippocrates, the “Father of Medicine,” prescribed Leeks as a cure for nosebleeds to the ancient Greeks and the Romans believed that Leeks would improve your singing voice!

The Welsh have used the Leek as a national symbol since 640 AD when soldiers stuck a Leek inside their helmets to distinguish them from their enemies the Saxons. The Welsh soldiers today wear them in their caps every year on St. David’s Day in remembrance.

Leeks are a very historical vegetable-try some!

Did You Know...?

The smaller the Leek the more tender it is...

Leeks are very high in Vitamin K, Vitamin C, Vitamin A, and Manganese.

The term Leek derives from the Anglo-Saxon word “leac” which translated means herb or plant.

It was once believed by sailors to be bad luck to bring a leek aboard a ship.

Leeks will not make you cry like an onion when you cut them.

What is a plumbers least favorite vegetable?

A leek!

Storage tips:

Fresh Leeks should be stored unwashed and untrimmed in the refrigerator, where they will keep for one to two weeks. Rinse sliced leeks out in water to remove some of the sand or grit that maybe be inside its rings. Cooked leeks will only stay fresh for two days.

Special thanks to schools in Crawford County for participating in the Great Lakes Great Apple Crunch on October 13th. Students and staff joined in unison with over **1 Million** others in a big loud **CRUNCH!**



Look for the Harvest of the Month display in your local grocery complete with recipe cards provided by Crossing Rivers Health!

Every month, the AmeriCorps Farm to School program shares a “Harvest of the Month” presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. These foods will be incorporated into the lunchroom menu. For more information about this program please contact Jane Schaaf (jane.schaaf@ces.uwex.edu). Visit www.driftlesswisconsin.org for more information on local farms and foods. Funding for this newsletter was provided through a 3M community grant and Healthy Roots.

