



Leeks

Produced by:



— THE LAND —
CONNECTION

Fun Facts:

- Leeks are milder than onions, and rarely make you cry while cutting them.
- The stem/stalk is white due to trenching, a technique where soil is mounded up around the leek as it grows, thereby preventing the stalk from seeing sunlight.

Nutrition Information:

- Leeks are an excellent source of vitamin K, and a good source of vitamin B6, folate, vitamin C, copper, iron, manganese, and vitamin A.
- Leeks are very low in saturated fats, cholesterol, and sodium.

Preparation:

- Remove green tops to within 2-3 inches of the white/light green section of the stalk. Peel off and discard the outside layer/leaf. Cut in half lengthwise and thoroughly rinse under cold water to remove grit and soil between layers.
- If planning to slice the leeks for a dish, cut in half lengthwise or leave whole, slice leeks as desired, and as you rinse slices in a colander under cold water, gently break layers apart to remove dirt.

Cooking:

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Stock: save the dark green leaves and use them to make stock or broth. The dark green sections of the leaves are edible and flavorful, but tough.

Raw: slice or chop leeks and add to a variety of salads, pasta salads, pizza or sandwiches. Whether raw or cooked, leeks can be a substitute for onions in any dish, or combined with onions for a more dynamic flavor. Add to soups, stocks, stir-fries, or long-cooking dishes such as grains, rice, beans, sauces, or stews for added flavor.

Puree: puree raw or cooked leeks for dressings or a hot or cold soup base.

Roast: cut leeks in half lengthwise; place the sliced-side down in a baking dish, drizzle with olive oil or rub with softened butter; sprinkle with salt, pepper, and fresh thyme; cover and bake at 300°F for 1 hour; uncover, flip leeks, and bake at 400°F for 15-20 minutes.

Sauté: toss chopped or sliced leeks with olive oil, salt, and pepper, then sauté over high heat until softened or caramelized. Add to quiche, mashed potatoes, egg dishes, or put on burgers, paninis, or sandwiches.

Storage:

- Refrigerate leeks unwashed and dry, with roots still attached, for up to 2 weeks. You can wrap lightly in plastic to avoid aromas spreading to other foods.
- For longer-term storage, leeks can be buried in moist sand and kept in a cool, but not freezing, location.
- Puree and freeze for later use in soups and sauces.