

Harvest of the Month



LEEKS

Literature Links

- *On the Farm at the Market*, by G. Brian Karas
- *In a Garden*, by Tim McCanna

Video Discussion

How does Rain Frog Farm harvest and pack leeks?

What happens after a leek has been in the ground for a year?

What are some other types of alliums that we eat?

Local Highlight

Leeks grow well in cool rainy weather, making them a perfect winter crop in Humboldt County!.

Check out our video about leeks and Rain Frog Farm:

vimeo.com/channels/hcoenutrition

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LEEKS

Allium porrum



Spanish: los puerros
Hmong: zaub zoo li dos

Nutrition Power

Leeks are an excellent source of vitamin A and vitamin C.



Vitamin A

helps your vision!



Vitamin C

helps your bones and joints stay strong!

History

Leeks are originally from the eastern Mediterranean and Central Asia and have been eaten since ancient times. They were part of the diet of Egyptians and Romans, and were introduced to Europe in the middle ages. Leeks made their way to the U.S. via the colonists, but they have never become as popular here as they are in Europe. Leeks are even one of the national emblems of the country of Wales! Indonesia is the largest producer of leeks in the world.



Did You Know?

- Plant part we eat: LEAVES
- Leeks are part of the allium family which also includes onion and garlic.
- Leeks were considered a “royal food” in Rome. Roman emperor Nero regularly ate leeks as he believed it would improve his singing voice!
- In the Middle Ages, leeks stewed with honey were a remedy for a stuffy nose.
- One variety of leek grown today is called Bulgarian Giant, and it can grow over four feet tall!

