

# Harvest of the Month



## LEEKS



### TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** a leek.
2. **MAKE** a dish with leeks using the recipe and ingredients provided.
3. **LEARN** about leeks with the information below.

### Fun Facts

- Leeks are in the allium family with onions, but have a sweeter, milder flavor perfect for many types of dishes.
- Leeks are very popular in Europe. The national soup of France, vichyssoise, is a creamy potato leek soup that is served chilled.
- One variety of leek, called Bulgarian Giant, can grow over four feet tall!
- Leeks are an excellent source of vitamin A, which helps your vision, and vitamin C, which helps keep your bones strong!

### Local Connection



Kelsey Perone and her husband Ben are the farmers at Rain Frog Farm near Blue Lake. They grow a variety of crops on ten acres and harvest a lot of leeks during the winter months!



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



*Got CalFresh? Sometimes DHHS needs to call CalFresh recipients. Make sure your name is included in your voicemail greeting so that DHHS can legally leave a detailed message.*