
Selection

Look for leeks that are firm and straight with dark green leaves and white necks. Good quality leeks will not be yellow or wilted.

Only purchase leeks that are 1 - 1.5 inches in diameter.

Leeks are in greater supply from fall to early spring but are found year round.

Remove the tough green tops, slice lengthwise and rinse thoroughly to clean.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Keep leeks in the vegetable drawer or in a perforated plastic bag to prevent it from drying out.
 - ◆ Wash produce only right before eating or cooking.
 - ◆ Wash produce under running water to remove dirt and debris.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
 - ◆ Buying local lets you see and meet the people who produce our food.
 - ◆ Your money stays locally and is recirculated in your community.
 - ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Leeks
Puerro

Uses

Leeks are good sautéed with fennel and garnished with lemon juice and thyme.

Leeks can also be used in salads, stews, omelets, or braised and served as a side dish for fish, poultry, or steaks.



Braised Leeks & Green Beans

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Vitamin K
- ♦ Good source of Vitamin B
- ♦ Good source of Manganese

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Primary Sources: WH Foods; University of Maryland Cooperative Extension; Photos found on Google images

Try It!

Braised Leeks & Green Beans

INGREDIENTS

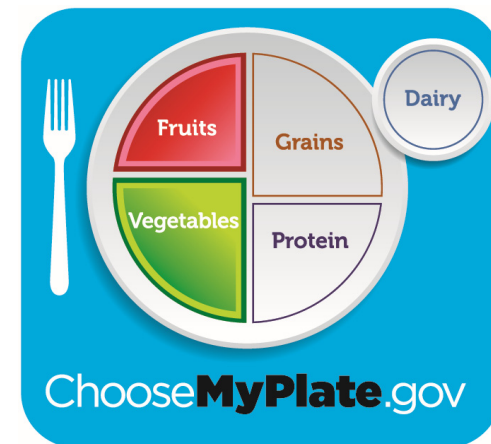
- 1/2 cup Sherry
- 1 Tbsp. Olive oil
- 5 cups Leeks, well washed
- 1 cup Wild mushrooms, sliced
- 2 cups Green beans, cut into 1/3" lengths
- 1 Tbsp. Orange juice
- 1/2 tsp. Orange peel, grated
- 1 Tbsp. Apple cider vinegar
- Salt and Pepper

INSTRUCTIONS

1. In large skillet, heat sherry and oil over medium high heat. Add leeks and cook, stirring frequently for 3 minutes.
2. Add mushrooms & beans. Sauté until mushrooms begin to lose moisture, about 5 minutes.
3. Stir in the remaining ingredients & remove from heat. Serve warm.

Yield: 8 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Leeks are native to Central Asia. They have been cultivated in this region and in Europe for thousands of years. Leeks were prized by the ancient Greeks and Romans, as they believed they had a beneficial effect on the throat.

The Romans are thought to have been the ones to introduce leeks to the United Kingdom. Today, leeks are an important vegetable in many cuisines and are grown in many countries.