

# OREGON LEEKS

Leeks are members of the genus *Allium*, which includes onions and garlic.

Leeks grow year round in Oregon.



## NUTRIENTS FOUND IN LEEKS

- ~ Leeks are an excellent source of vitamin K, which is important for maintaining healthy blood and keeping your bones strong.
- ~ Leeks are an excellent source of vitamin A, which is important for good eyesight and a healthy immune system.
- ~ Leeks are a good source of vitamin C, which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection.
- ~ Leeks are an excellent source of folate which is needed for healthy pregnancy and helping cells grow and repair.

Hippocrates the ancient Greek physician and 'father of medicine' prescribed the leek as a cure for nosebleeds.

Leeks have been cultivated since the time of the Ancient Egyptians and were probably eaten by the people who built the pyramids.



Varieties of leeks that grow well in Oregon are American Flag, King Richard, Kilima, and Rikor.



Leeks are best harvested from September until April after they are an inch or more in diameter.



The lower, white-colored part of the leek can be eaten raw or cooked. The green top is usually not eaten.

