

NUTRIENTS FOUND IN LEEKS

- Leeks are an excellent source of vitamins K, A, C and B6.
- Leeks are a good source of folate and manganese.
- Leeks are a part of the allium family which also includes garlic and onions. Some research has shown that members of this family help increase HDL (“good”) cholesterol while lowering LDL (“bad”) cholesterol to protect heart health.
- Leeks may also help to protect cells from cancer because they contain allyl sulfides, a cancer fighting compound.



OREGON
LEEKS
GROWN FOR
SCHOOLS



HEALTHY, FIT AND READY TO LEARN

- Get kids cooking! Kids who are involved in choosing and preparing meals are more likely to eat them.
- Make sure you have plenty of tasty fruits and vegetables on hand and minimize the amount of junk food you have in the house.
- Try going on a neighborhood walk after dinner!

JUST FOR KIDS

Leeks grow deep in the ground so they need to be cleaned well before they are eaten. Have an adult cut a leek down the center and then into small slices. Fill your sink or a large bowl full of cool water, swish the leek pieces around, then let them stand for 5-10 minutes. The dirt will



fall to the bottom and you can scoop the clean leeks out with your hand—be sure not to disturb the dirt! The cook in your family will be thankful for your help!

GROWN IN OREGON

Leeks like to grow in cool weather. Much of Oregon has a temperate climate that is perfect for growing leeks. Many varieties of leeks can withstand frost if they are mulched properly

LIVING AND EATING GREEN

Take a family field trip to a local farm to buy your produce. Your family will get to see a working farm in action and you will be able to directly support that farm by purchasing their produce!



YOUR OREGON KITCHEN

QUICK AND EASY

- Leeks can be easily substituted into any recipe that requires onions or shallots. They offer a sweeter flavor than their relatives, which might be more suitable for young kids' taste buds.
- Raw, young leeks can be thinly sliced and included in salads.
- Leeks are delicious in soups and stir-frys.

PRODUCE POINTERS

- Leek tops should be dark green and firm, not limp or dried out.
- The bulb end should have fringes of small crisp-looking roots still attached; avoid split or soft bulbs, or those with large blemishes.
- Refrigerate leeks up to one week, loosely wrapped in plastic. Wait to trim the tops and roots until just before using.
- Be sure to clean leeks well before cooking with them, dirt likes to hide within the leek's many layers.
- The dark green portion of the leek is somewhat woody and is not suggested for regular cooking, but it can be simmered in water with other vegetables to make vegetable broth.
- The lower inner green portion of the leek can be sliced and used just like the bottom white portion.

RECIPE:

CREAMY POTATO-LEEK SOUP

INGREDIENTS:

- 1 teaspoon butter
- 1 medium leek, white and light-green parts only
- 3 1/2 cups low-sodium chicken or vegetable broth
- 3 sprigs thyme
- 2 cups mashed potatoes

DIRECTIONS:

- Rinse leeks well and pat dry. Halve lengthwise and chop. In a large saucepan, melt butter. Add 1 cup chopped leeks and sauté, stirring, until softened (approx 3 minutes).
- Add broth, 1/2 cup water, and thyme and bring to a boil. Reduce to a simmer and whisk in mashed potatoes. Simmer until warmed through; season with coarse salt and ground pepper.



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

| | Kids ages 5-12 | Teens & Adults ages 13+ |
|---------|------------------------|----------------------------|
| Males | 2 1/2 - 5 cups per day | 4 1/2 - 6 1/2 cups per day |
| Females | 2 1/2 - 5 cups per day | 3 1/2 - 5 cups per day |

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.