



Harvest of the Month

Leeks

Nutrition Information

- Leeks are rich in vitamin K.
- Leeks provide vitamin C and vitamin A.
- Leeks are a source of dietary fiber.
- They contain minerals such as iron, manganese, and folate.

Selection and Storage

- Choose leeks that are firm, with bright green tops and clean, white stalks. Avoid leeks that are limp, yellowing, or have lots of wilted leaves.
- Look for leeks with straight stalks and as little bulbing as possible. This usually means they're tender and mild in flavor.
- Store unwashed leeks in the refrigerator, ideally in the crisper drawer. They keep best when loosely wrapped or placed in a breathable bag.
- Leeks will stay fresh for one to two weeks when stored properly.

Fun Facts

- Leeks are part of the same family as onions and garlic, but they taste much milder and sweeter.
- They grow well in Washington, especially in cool weather, which makes them a great winter and early-spring vegetable.
- People in medieval Europe believed leeks could bring good luck, and they are still worn today in Wales as a national symbol during St. David's Day celebrations.
- Unlike onions, leeks don't form a bulb. Instead, their long white stalk is formed by gently mounding soil around the plant as it grows, using a technique called "blanching."

Recipes*

- [Cornbread Stuffing](#) – ICN Recipe Box (substitute onions with leeks)
- [Green Mt Pesto Risotto With Parmesan Crisps](#) - Vermont FEED
- [Roasted Vegetable Strudel with Roasted Red Pepper Coulis](#) - Vermont FEED
- [Asian Tofu Noodle Bowl](#) - Vermont FEED

*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.



While there aren't many standardized leek recipes available, leeks are commonly used to add flavor to soups, stews, roasted vegetables, grain dishes, and blended vegetable sides. You can create or modify your own leek-based recipe, just be sure to verify its crediting and nutrition info using [USDA's Recipe Analysis Workbook \(RAW\)](#).

Educational Resources

- Leek Basics ([English](#)) ([Spanish](#)) – Food Hero
- [Leeks Harvest of the Month Video](#) - Humboldt County Office of Education
- [Leeks Activity: Soil Recipe](#) - Oregon Harvest for Schools

Sourcing

- Use the [Washington Food and Farm Finder](#) to find leeks and other seasonal foods from local producers. Check out the [WSDA Finding Farms](#) webpage for other resources.
- If leeks aren't available in your area: Substitute other locally grown vegetables in season, such as green onions.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

HOM are suggestions for what our sponsors can showcase. However, please look at these other [Harvest of the Month Materials](#) to see if another item better fits the needs of your organization.