

## Selection

When purchasing Leeks, be sure they 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 can be found all year round.



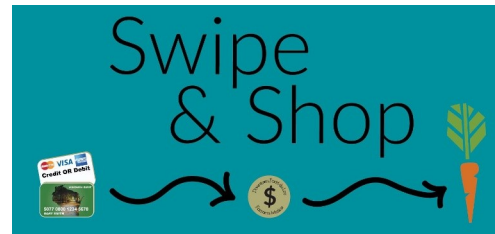
## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Be sure and wash produce thoroughly but only wash it right before you are going to use it, NOT when you bring it home.
- ◆ All produce keeps best stored in a clean refrigerator kept at 40 degrees or below.
- ◆ When buying fresh produce make sure you only purchase what you are going to eat right away.

## Benefits of Buying Local

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



Swipe at the Information Booth on the corner of 2nd and Main.

Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

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## Leeks Puerro



Extension

UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

**FOOD  
WISE**  
Healthy choices, healthy lives.



DOWNTOWN FOND DU LAC  
**FARMERS  
MARKET**

## 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.



## Nutrition Facts

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

## Try It!

### Cold Potato-Leek Soup

#### Ingredients

- 4 leeks (white bottoms with a bit of green)
- 1 medium onion
- 1 tablespoon olive oil
- 4 medium potatoes, peeled and finely sliced
- 4 cups unsalted chicken broth
- 1/4 teaspoon mace
- 2 cups evaporated skim milk, chilled
- 6 tablespoons chopped chives
- Ground black pepper, to taste

#### Instructions

In a blender or food processor, process the leeks and onion until finely chopped.

In a large saucepan, heat the olive oil over medium heat. Add the chopped leeks and onion, and saute until tender and opaque (do not brown), about 5 to 7 minutes. Add the potatoes, chicken broth and mace. Cook over medium heat until the potatoes are tender.

Pour the mixture into the blender or food processor. Blend until smooth. Pour into a large bowl and refrigerate.

Before serving, stir in the evaporated milk. Ladle into individual bowls. Top each with 1 tablespoon chives and pepper to taste. Serve cold.



## 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 northern European cuisines and are grown in many European countries.

FoodWise is funded by the USDA Supplemental Assistance Program (SNAP). SNAP/ FoodShare helps families buy the food they need for good health. Visit [access.wi.gov](http://access.wi.gov) to learn how to apply for food assistance or call 1-888-446-1239

Veggie Bites brochure created by Jennifer Blazek, Extension Dane County.