

LUSCIOUS LEEKS



ALL ABOUT NEW JERSEY



In New Jersey, leeks grow fruitfully in seasons of late fall (October to December) and early spring (April to May). If properly stored in a fridge, leeks can last up to two weeks!

As part of the bulbs family, leeks are buried slightly under the ground. They flourish in sandy soil with minerals like phosphorus and potassium. When the base, or stalk, is about 1-2 inches wide, the vegetable is ready to harvest!



Click [this link](#) to read more about New Jersey's culture with leeks, as well as growing them in Jersey's climate!

NUTRITION FACTS

- Vitamin K1: prevents blood clotting and builds bones.
- Magnesium: an element that supports muscle and nerve function.
- Manganese: another element that will regulate your blood sugar and help your metabolism!
- Vitamin A: improves your eyes and cell growth.

RECIPES

- Breakfast: [Mushroom, Leek, and Fontina Frittata](#)
- Lunch: [Potato Leek Soup](#)
- Dinner: [Leek and Spinach Risotto](#)
- Snack: [Bolani](#) (An Afghan dish that's popular for parties!)

FUN FACTS

- Besides belonging to the bulb family, leeks are also related to lilies (*Liliaceae* family).



- In its history, leeks were a favorite food of Roman Emperor Nero, who believed eating them with oil could help his voice.

- Leeks are one of the national symbols of Wales, UK.



ACTIVITY LINKS

- Pre-K: [Fruit Veggie Rubbings](#)
Early elementary: [Leeks Colouring Page](#)
Upper elementary(grades 3-5): [Leek Acrostic Poem](#)
Middle School(6-8): [Seasonal, Local Food](#)
High School(9-12): [Making a Felt Leek Brooch](#)

MADE IN COLLABORATION WITH:

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2nd Place Winner
Jersey Tastes! Harvest of the Month Contest

