

KEWEENAW GROWN FOOD

LEEKS



PEAK SEASON

Late spring through early-to-mid summer.

HOW TO SELECT & STORE

Choose firm, crisp stalks with as much white and light green regions as possible. Avoid leeks with yellow or withered tops.

Refrigerate unwashed leeks in a plastic bag for up to two weeks. Rinse just before using.

HEALTH BENEFITS

Leeks are high in magnesium and vitamins A, C and K. They also contain folate, copper, vitamin B6 and iron.

Leeks are a rich source of antioxidants and sulfur compounds. Antioxidants help protect our cells from damage. One particular antioxidant found in leeks may reduce risk of heart disease and some types of cancer. Leeks also contain a sulfur compound called allicin, which has been shown to have anti-microbial and cholesterol-lowering properties.

WAYS TO USE

Savory - Replace onions with leeks for a milder, sweet taste (best if replaced with recipes that involve cooking). Fry thinly sliced leeks and add to top of soup to add a crunchy texture. Sauté and add into scrambled eggs or a quiche. Try pickling leeks for a tangy milder version of pickled onions. Caramelize leeks and use to top steaks or as a taco/fajita filling in place of sautéed onions.



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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD