



# ISLAND GROWN

## HARVEST OF THE MONTH

– December –

## LEEKS

### FEATURED FARM OF THE MONTH: SLIP AWAY FARM

Lily Walter and her team at Slip Away Farm on Chappaquiddick, grow more than 2,400 leeks each year. They grow the King Richard variety, which has a long, slender white stalk. Lily likes to use leeks in recipes in place of scallions, including cheddar/leek biscuits. You can find Slip Away leeks at their stall at the West Tisbury Farmer's Market, through their CSA, or at their farm stand on Chappy.

#### HEALTHY SERVING IDEAS

Leek leaves are too fibrous to eat, but can be used to flavor soup stocks.

Use leeks in place of onions for a milder, sweet flavor on pizzas or in omelets, and stir fries.

Try roasted leeks stuffed with blue cheese and your favorite nuts and dried fruit.

#### HEALTH BENEFITS

**VITAMIN K**  
**MANGANESE**  
**COPPER**  
**VITAMIN B6**  
**FOLATE**  
**VITAMIN C**  
**IRON**  
**VITAMIN A**  
**FIBER**

#### SHOPPER'S TIPS

Look for leeks that are firm, avoiding those with droopy leaves.

To prepare, trim off the roots and the dark green leaves.

Leeks need to be washed very well, so peel off and discard the first layer, cut the white part in half the long way, and rinse out any dirt with cold water.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

[ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH](http://ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH)



This material is adapted from Harvest of the Month by California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

