

# Leeks

## *Did you know?*

- Leeks, like garlic and onions, belong to the Allium vegetable family.
- The leek is a vegetable with a mild onion flavor, and the edible part of the plant is the stalk.
- Hippocrates the ancient Greek physician and 'father of medicine' prescribed the leek as a cure for nosebleeds.
- Leeks are available year-round with a peak season in the fall and through the spring.
- Leeks are a good source of vitamins B6 and K, as well as iron, manganese and dietary fiber.



## Sources

- [https://www.specialtyproduce.com/produce/Leeks\\_113.php](https://www.specialtyproduce.com/produce/Leeks_113.php)
- <https://www.fruitsandveggiesmorematters.org/leek>