

# Leek

- Leeks, like garlic and onions, belong to the Allium vegetable family. They have a subtle, sweet onion-like flavor.
- Leeks are a good source of vitamins B6 and K, as well as iron, manganese and dietary fiber.
- Leeks can be eaten raw or cooked. When preparing leeks to be cooked, you trim off the dark green tops as well as the roots, leaving the center section to be enjoyed.
- Leeks are available year-round with a peak season in the fall and through the spring.
- Leek growing is a competitive sport in some places like the coal-mining regions of England!



Sources:

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