

AgBite

A series of commodity insights

Did you know?

Leeks are the national symbol of Wales, worn by soldiers during the battle against the Saxons.

Overview

- Leeks have a more mild flavor profile compared to onions.
- Only the white and light green parts are used in soups, stews and sautes.
- Leeks are low in calories and rich in Vitamins A, C and K.
- Leeks are usually grown as a cool-season vegetable.
- Leeks are frost tolerant.

Production

Depending on the variety, leeks require about 120-150 days to reach maturity.

California is the top producer, but most leeks available are imported from Mexico.

Farmers “blanch” leeks as they grow, mounding soil around the base to keep it white.

Leeks thrive in fertile soil with a pH of 6.0 to 6.8.

Leek

Kingdom: *Plantae*
Order: *Asparagales*
Family: *Amaryllidaceae*
Genus: *Allium*

Nutritional Information

Calories 32	Fat 0.2 g
Protein 2 g	Saturated 0 g
Carbs 8 g	Potassium 160 mg
Fiber 1.2 g	Calcium 5% DV
Sugar 3.5 g	Sodium 18 mg

1 cup cooked
(89g)

<https://fdc.nal.usda.gov>

www.snaped.fns.usda.gov, www.fdc.nal.usda.gov, www.sweetishill.com

Leek Anatomy

