



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Winter**

# Leek

*Lakota: pšįnhúskala*

## Preschool Lesson Plan

### Objectives

Participants will:

- identify leeks as a vegetable and the part of the plant that leeks come from.
- increase knowledge in harvesting, cleaning and use of leeks.
- demonstrate use of leeks in a recipe.

### Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Leek visuals
- An actual leek if possible

### Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

### Recipe

- Leek and Potato Frittata

### Cooking and Food Safety Skill Sheets

- Handwashing
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients
- Stove Top Safety
- Oven Use and Safety

### Other Cooking and Food Safety Skills

- Kitchen terms - boil, sauté and simmer

### Supplies for Leek Lesson

- Leek and Potato Frittata
  - » Fry pan or skillet
  - » Measuring cups
  - » Measuring spoons
  - » Liquid measuring cup
  - » Bowl
  - » Whisk or fork
  - » Round baking dish or pie plate
  - » Oven

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>• People who built the pyramids most likely ate these.</li> <li>• They are a member of the onion family.</li> <li>• An ancient doctor would prescribe these for nose bleeds.</li> </ul> <p>(Answer: Leek.)</p>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of leeks.</li> </ul>
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of vegetables each day.</p> <p>Kindergarteners should be eating 1 ½ cups of vegetables a day.</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate poster.</li> </ul>
<p>Did you know that different vegetables come from different parts of the plant? They can be a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think a leek is?</p> <p>(Answer: Root.)</p> <p>Do you know why plants need roots?</p> <p>(Answer: The roots grow in the ground. Roots hold the plant in place. Roots take in water which helps the plant to grow.)</p>	<ul style="list-style-type: none"> <li>• Show Parts of the Plant visual.</li> <li>• Point to the roots.</li> <li>• Call on someone who would like to answer.</li> </ul>
<p>Leeks are a member of the onion family.</p> <p>Leeks look like a large green onion. The part that is eaten is a long white bulb which is sometimes called the stalk or the stem. The dark green leaves that are flat, fan out at the top of the stalk. Leeks have a large root system and the roots are often still attached when you buy them.</p>	
<p>There are two types of leeks, summer and overwintering leek. The summer leek is most common. It is planted in spring and harvested in the summer. They are smaller and have a mild flavor. The overwintering leek is meant to be left in the ground through winter and harvested the following spring. Overwintering leeks have a stronger flavor.</p>	<ul style="list-style-type: none"> <li>• Show visuals or an actual summer and overwintering leek, if possible.</li> </ul>
<p>Have any of you ever planted leeks in your garden?</p> <p>Leeks can be grown from seeds or from started plants. They grow in clumps and are harvested in trenches that help to create the long stem. To form the trench, soil is pulled up around the plant.</p>	<ul style="list-style-type: none"> <li>• Allow kids to answer.</li> </ul>

What You Say:	What You Do:
<p>When purchasing leeks at the supermarket or farmer's market, look for fresh looking leeks that are firm. Check to see that the stalks are white and that the leaves are not wilted.</p>	<ul style="list-style-type: none"> <li>• Show an actual leek with good qualities.</li> </ul>
<p>How should leeks be stored? (Answer: Leeks should be stored in the refrigerator.)</p> <p>Do not trim or wash leeks before storing. It is best to lightly wrap the leeks in plastic before putting them in the refrigerator as they give off an odor that can be absorbed by other foods.</p> <p>They can be stored this way for up to 2 weeks.</p>	<ul style="list-style-type: none"> <li>• Demonstrate how to wrap the leeks in plastic.</li> </ul>
<p>What should we do to leeks before eating or cooking them? (Answer: Wash them.)</p> <p>Leeks need to be washed thoroughly before using them. They often have dirt on the inside and which can be hard to remove. Trim off the root end and any hard leaves. Rinse the leeks with lots of cool running water. After washing they can be eaten raw or cooked.</p>	<ul style="list-style-type: none"> <li>• Review Washing Fresh Fruits and Vegetables skill sheet.</li> <li>• Demonstrate how to wash a leek.</li> </ul>
<p>How can we eat or use leeks?</p> <p>The onion in any recipe can be replaced by leeks. The flavor of leeks is similar to an onion, but slightly sweeter and milder.</p> <p>The stalk or white part of the leek can be eaten raw. It can be sliced and added to salads. Leeks can be added to soups and stews, sautéed and added to potato dishes, boiled or pan fried. They can also be steamed or sautéed and served alone with a cream sauce.</p>	<ul style="list-style-type: none"> <li>• Allow discussion.</li> </ul>
<p>Why would we want to eat leeks?</p> <p>Leeks are a good source of vitamin C which helps our cuts and bruises to heal. They also contain Vitamin A which is important for good eyesight.</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Refer to Leek Nutrition Information sheet.</li> </ul>
<p>Leeks are an excellent source of vitamin K. Vitamin K helps to maintain healthy blood. They are also a source of folate which helps grow and repair cells.</p>	
<p>Are you ready to try a recipe that includes leeks?</p> <p>What is the first thing we need to do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Review Handwashing skill sheet.</li> </ul>

# Use this page if you are going to prepare Leek and Potato Frittata

## Equipment List

- Fry pan or skillet
- Measuring cups
- Measuring spoons
- Liquid measuring cup
- Bowl
- Whisk or fork
- Muffin tin

What You Say:	What You Do:
<p>Today we are going to be making a Leek and Potato Frittata.</p> <p>Does anyone know what food groups we have in this recipe? (Answer: Vegetables, protein.)</p> <p>Let's read through the recipe before we begin.</p>	<ul style="list-style-type: none"> <li>• Show MyPlate and let participants tell which food group the ingredients come from.</li> <li>• Read the recipe to the participants.</li> <li>• Talk about the steps to make the salad.</li> </ul>
<p>We need to preheat the oven, so it is hot when we are ready to bake the frittata.</p>	<ul style="list-style-type: none"> <li>• Review Oven Use and Safety skill sheet.</li> <li>• Preheat the oven to 350 degrees Fahrenheit.</li> </ul>
<p>We are going to slice the leeks using a knife and cutting board.</p> <p>What do we need to do to the leeks before slicing them? (Answer: Wash them.)</p> <p>Remember from the lesson that leeks can have dirt that is difficult to remove so use lots of cool running water to thoroughly wash the leeks.</p>	<ul style="list-style-type: none"> <li>• Review Knife Safety and Cutting Boards skill sheet.</li> </ul>
<p>We will sauté the leeks, spinach and potatoes. What does the cooking term "sauté" mean? (Answer: To cook and brown food in a small amount of hot fat.)</p>	<ul style="list-style-type: none"> <li>• Call on someone to answer.</li> </ul>
<p>We need to measure some milk. How do we measure a liquid ingredient such as milk? (Answer: Use a liquid measuring cup on a flat surface and measure at eye level.)</p>	<ul style="list-style-type: none"> <li>• Review Measuring Liquid and Dry Ingredients skill sheet.</li> </ul>
<p>The milk, eggs and seasonings will be mixed together.</p> <p>What can we use to mix these ingredients? (Possible answers: A whisk, a fork, a wooden spoon, etc.)</p>	<ul style="list-style-type: none"> <li>• Discuss mixing eggs and milk.</li> <li>• Show a whisk and demonstrate how it is used.</li> <li>• Remind participants that after touching eggs, we need to wash our hands again.</li> </ul>
<p>Frittatas often have leftover foods added to them. What could be added to this recipe? (Possible answers: Leftover meats, leftover vegetables, mushrooms, peppers, etc.)</p>	
<p>Now, let's get started with the recipe!</p>	



## Visuals



**Leeks growing in a field**



**Leeks that have been recently harvested**



**Cutting a leek for a recipe**

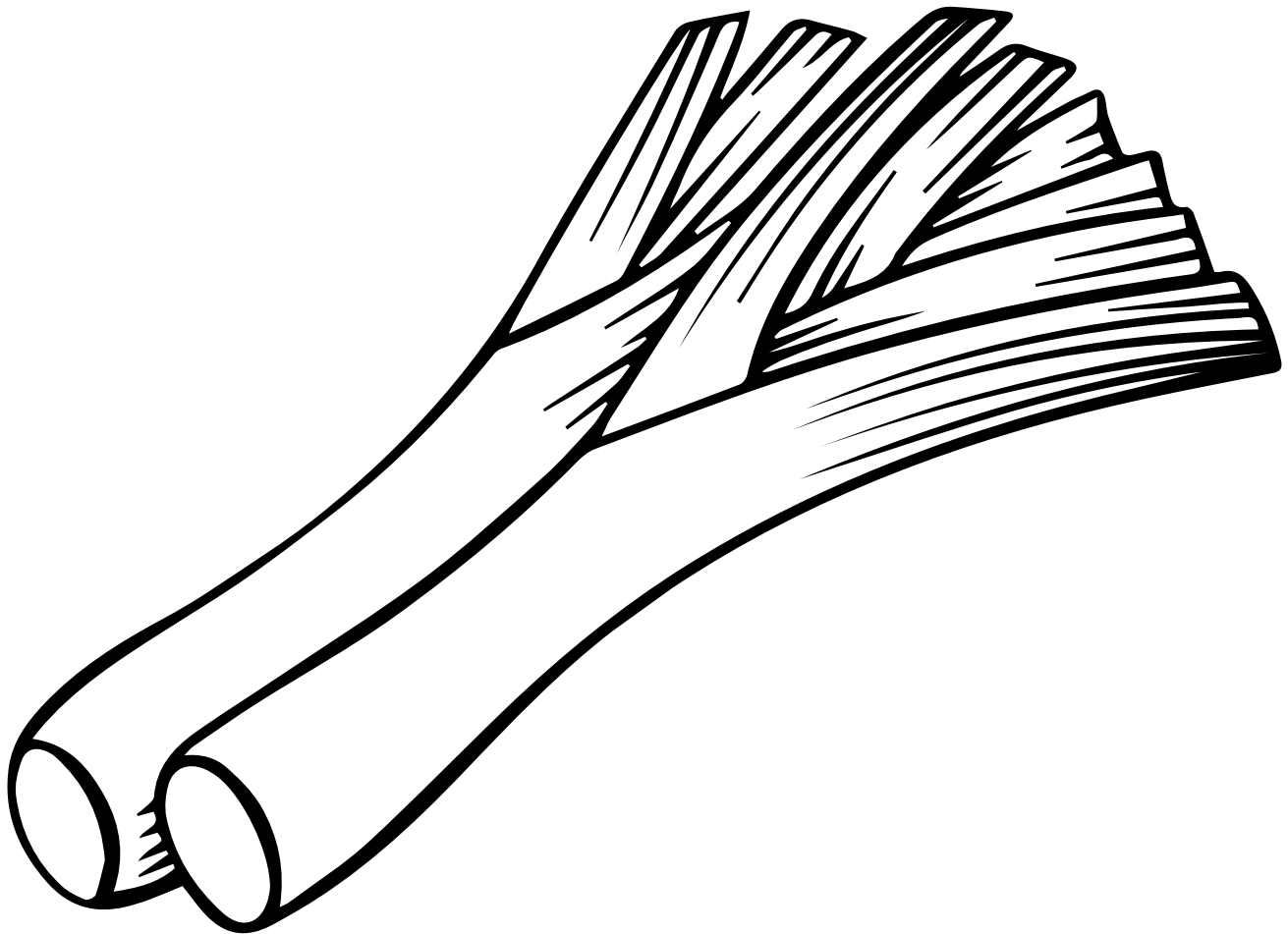
## Leek Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Leek</b>	1 cup	54	1.6	30	10.7	160	
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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# LEEK



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# Leek Sources

## Recipe

- [dinnertonight.tamu.edu/recipe/leek-and-potato-frittata/](http://dinnertonight.tamu.edu/recipe/leek-and-potato-frittata/)

## Clues

- [oregon.gov/ode/students-and-family/childnutrition/F2S/Documents/LEEEKS\\_2\\_cc.pdf](http://oregon.gov/ode/students-and-family/childnutrition/F2S/Documents/LEEEKS_2_cc.pdf)

## Information

- [farmerfoodshare.org/veg/leeks/](http://farmerfoodshare.org/veg/leeks/)
- [extension.umd.edu/resource/growing-leeks-home-garden](http://extension.umd.edu/resource/growing-leeks-home-garden)
- [oregon.gov/ode/students-and-family/childnutrition/F2S/Documents/LEEEKS\\_2\\_cc.pdf](http://oregon.gov/ode/students-and-family/childnutrition/F2S/Documents/LEEEKS_2_cc.pdf)
- [canr.msu.edu/resources/michigan\\_fresh\\_leeks](http://canr.msu.edu/resources/michigan_fresh_leeks)
- [fatsecret.com/calories-nutrition/usda/leeks](http://fatsecret.com/calories-nutrition/usda/leeks)
- [fruitsandveggies.org/](http://fruitsandveggies.org/)

## Lakota translation

- Translated by Jeshua Estes

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S-0001-22





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In season:



Winter

# Leek

*Lakota: pšįnnhúskala*

## Pick it!

Leeks look like a giant green onion.

Leeks should be firm and crisp with quite a bit of white and light green coloring. Those with yellow or withered tops should be avoided.

Unwashed leeks can be refrigerated for up to 2 weeks.

Leeks often have dirt on the inside, so be sure to rinse after cutting and before using.



## Try it!

Leeks are similar to onion, but are slightly milder.

The green tops are great for making stock, while the light green parts are best for use in soups or sautéed and added to mashed potatoes.

Raw leeks can also be sliced and added to a salad.

Leeks also work well in dishes such as quiches, especially with Roquefort cheese.

Leeks can be substituted for onion in soup and stew recipes for a slightly different flavor.



## Types of Leek

**Summer:** Most common, mild flavor, planted in spring and harvested in summer.

**Overwintering:** Stronger flavor, sometimes left in ground through winter, spring harvest.



## Did you know...

Iron is a mineral that our bodies need to make hemoglobin and myoglobin. They help carry and store oxygen in the body.



**Like it!**

## Leek and Potato Frittata

### Ingredients

- 1 teaspoon olive oil
- 2 cups leeks; sliced
- 10 ounces fresh spinach
- 2 cups frozen red potatoes; thawed and chopped
- ½ cup fat-free milk
- 4 egg whites
- 4 eggs
- 1 Tablespoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 Tablespoons dry breadcrumbs
- ½ cup reduced fat mozzarella cheese; shredded

### Directions

1. Preheat oven to 350 degrees. Add oil to a sauté pan over medium heat. Add leek and sauté 4 minutes. Add spinach and potatoes; sauté for 2 minutes or until spinach wilts.
2. Combine milk, seasoning, salt, pepper, 4 eggs and 4 egg whites; stir well with a whisk. Add leek mixture. Pour into a 9.5 inch round baking dish or pie plate coated with cooking spray.
3. Sprinkle with cheese and breadcrumbs. Bake at 350 degrees for 20-25 minutes. For a golden brown top, broil for 4 minutes after baking.

Yields 6 servings

Nutrition Facts per Serving:  
170 calories; 6 g total fat; 2.5 g saturated fat; 130 mg cholesterol; 410 mg sodium; 17g total carb; 2 g fiber; 3 g sugars; 12 g protein

Source: [dinnertonight.tamu.edu/recipe/leek-and-potato-frittata/](https://dinnertonight.tamu.edu/recipe/leek-and-potato-frittata/)

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## Potato Leek Soup

### Ingredients

- 1 Tablespoon unsalted butter
- ½ cup leeks; sliced
- ½ cup onion; chopped
- ½ cup + ⅓ cup chicken or vegetable broth; low sodium
- 2 cups skim milk
- ½ cup + 2 Tablespoons instant potato flakes
- ¼ teaspoon salt
- 1 Tablespoon fresh parsley; chopped (½ Tablespoon if using dried)

### Directions

1. Melt the butter in a large pot over medium heat.
2. Sauté the leeks and onion in the butter for 5 minutes, or until tender.
3. Pour in the broth and the milk and mix well.
4. Bring to a boil, reduce heat to low and simmer for 5 minutes.
5. Stir in potato flakes, salt, celery salt and parsley.
6. Allow to thicken and heat through.
7. Top with green onion or grated low-fat cheese, if desired.

Yields 4 servings

Nutrition Facts per Serving:  
Calories 230; Fat 6g; Cholesterol 20mg; Sodium 480mg; Carbohydrates 33g; Sugars 17g; Fiber 3g; Protein 10g

**Find more recipes  
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