



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Leek

In season:



Winter

**Preserve it
to enjoy year
round!**

Canning

The National Center for Home Food Preservation does not recommend canning leeks. The high heat needed to kill harmful bacteria results in turning the leeks to mush.



Freezing

Not recommended. Leeks do not freeze well and develop a strong, bitter flavor.

Drying

- Select leeks free from blemishes, with tops brightly colored
- Trim off roots
- Wash
- Cut ¼ inch slices
- Set dehydrator at 145 degrees F
- Arrange slices in single layer on drying racks



Tips/Tricks:

Leeks can be added to salads, soups, hot dishes, stir-fries, or even used for garnishing!

This document is to serve as supplemental material for those already knowledgeable on how to safely preserve food and should not serve as a guide to someone completely new to food preservation methods. For further guidance, go to: extension.sdstate.edu/food/preservation

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