



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Leek

In season:



Winter

Lakota: pšįŋnhúskala

Lesson Plan

Objectives

Participants will:

- identify leeks as a vegetable.
- identify the 2 types of leeks.
- increase knowledge in the growth, selection, storage and use of leeks.
- demonstrate the use of leeks in a recipe.

Items Needed for the Lesson

- Visuals of or an actual leek to show stalk or stem and the leaves
- Visuals of or samples of summer and overwintering leeks
- Plastic wrap
- MyPlate poster

Handouts or Take Home Items

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

Recipe Choices

- Potato Leek Soup
- 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

- Potato Leek Soup
 - » Large pot
 - » Spoon
 - » Measuring cups
 - » Measuring spoons
 - » Liquid measuring cup
 - » Knife
 - » Cutting board
- 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"> • People who built the pyramids most likely ate these. • The ancient doctor, Hippocrates, prescribed these as a cure for nosebleeds. • European chefs call these "poor man's asparagus". • They are a member of the onion family. <p>(Answer: Leeks.)</p>	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of leeks.
<p>Leeks are a vegetable and a member of the onion family. How many of you have seen a leek before?</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 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 purchased.</p>	<ul style="list-style-type: none"> • Show a visual or actual leek pointing out the stalk or stem, the leaves and the roots.
<p>There are 2 types of leeks. The first is the summer leek. This type of leek is most common. It is planted in spring and harvested in the summer. Summer leeks are smaller and have a mild flavor. The other type is the overwintering leek. This type of 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"> • Show visuals or actual samples of a summer leek and an overwintering leek.
<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"> • Allow discussion.
<p>When purchasing leeks at the supermarket or farmer's market, look for 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"> • Show an actual leek with good qualities.
<p>How should leeks be stored?</p> <p>(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"> • Demonstrate how to wrap the leeks in plastic.



= for adults or older youth

What You Say:	What You Do:
<p>What should we do to leeks before eating or cooking them?</p> <p>(Answer: Wash them.)</p> <p>Leeks need to be washed thoroughly before using them. They often have dirt on the inside, 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"> Review Washing Fresh Fruits and Vegetables skill sheet. Demonstrate how to wash a leek.
<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 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"> Allow discussion.
<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"> Call on someone who would like to answer. Refer to Leek Nutrition Information sheet.
<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?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> Review Handwashing skill sheet.



= for adults or older youth

Use this page if you are going to prepare Potato Leek Soup

Equipment List

- Large pot
- Spoon
- Measuring cups
- Measuring spoons
- Liquid measuring cup
- Knife
- Cutting board

What You Say:	What You Do:
Today we will be making Potato Leek Soup. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> • Pass out the recipes. Read aloud with participants.
Using a knife and cutting board, slice the leeks and chop the onions. What are some things we need to remember about knives and cutting boards?	<ul style="list-style-type: none"> • Review Knife Safety and Cutting Boards skill sheet.
We will have to measure broth and milk. How do we measure liquids? (Answer: Use a liquid measuring cup and measure at eye level.)	<ul style="list-style-type: none"> • Review Measuring Liquid and Dry Ingredients skill sheet..
We are going to sauté the leeks and onion in the butter. What does the cooking term "sauté" mean? (Answer: To cook and brown food in a small amount of hot fat.)	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review Stove Top Safety skill sheet..
The liquid is going to boil and then simmer. What do the cooking terms "boil" and "simmer" mean? (Answer: Boil is to heat liquid until bubbles break continually on the surface. Simmer is to cook slowly in liquid over low heat. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.)	<ul style="list-style-type: none"> • Call on someone to describe or define the cooking terms boil and simmer.
<p>This recipe calls for low sodium broth. It also calls for ¼ teaspoon of salt.</p> <p>Salt is one thing we need to watch in the foods we eat. Our bodies do need salt, but too much can lead to high blood pressure and possibly cardiovascular disease.</p> <p>Dietary guidelines recommend that people over the age of 14 limit sodium intake to 2,300 mg per day (about 1 teaspoon). Individuals who already have high blood pressure should limit sodium intake to 1,500 mg per day.</p> <p>Sodium is in many foods we eat and can be especially high in boxed meals, canned soups and vegetables. It is important to check the nutrition fact label for sodium. If the daily value for sodium is higher than 20%, that means it is high in sodium. Look for foods that are 5% or lower in sodium.</p> <p>Use spices and herbs to season foods at home.</p>	<ul style="list-style-type: none"> • If possible, show the labels from regular and low sodium broth noting the difference in the sodium content.

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 what a frittata is? (Answer: A dish made with eggs that is similar to a quiche.)</p> <p>Frittata is usually made in a round baking dish or pie plate. Today we will be using a muffin pan. Let's read through the recipe before we begin.</p>	<ul style="list-style-type: none"> • Allow discussion of frittata. • Pass out the recipes and read aloud with participants.
<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"> • Review Oven Use and Safety skill sheet.
<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"> • Review Knife Safety and Cutting Boards skill sheet.
<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"> • Call on someone who would like to define sauté.
<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"> • Review Measuring Liquid and Dry Ingredients skill sheet.
<p>The milk, eggs and seasonings will be mixed together. 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"> • Discuss mixing the eggs and milk. • Show a whisk and demonstrate how it is used. • Remind participants that after touching eggs, we need to wash our hands again.
<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>	

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)
Leek	1 cup	54	1.6	30	10.7	160	
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	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)

Leek Sources

Recipe

- dinnertonight.tamu.edu/recipe/leek-and-potato-frittata/

Clues

- oregon.gov/ode/students-and-family/childnutrition/F2S/Documents/LEEEKS_2_cc.pdf

Information

- farmerfoodshare.org/veg/leeks/
- extension.umd.edu/resource/growing-leeks-home-garden
- oregon.gov/ode/students-and-family/childnutrition/F2S/Documents/LEEEKS_2_cc.pdf
- canr.msu.edu/resources/michigan_fresh_leeks
- fatsecret.com/calories-nutrition/usda/leeks
- fruitsandveggies.org/

Lakota translation:

- Translated by Jeshua Estes

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Winter

Leek

Lakota: pšįnhúskala

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/

Lakota word translated by Jeshua Estes

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
and videos at
extension.sdstate.edu**

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