

Harvest of the Month

The Harvest of the Month feature is

LEEKS



Nutrition Info

One cup of cooked leeks contains around 32 calories. Leeks are a good source of vitamin A, vitamin C, and vitamin K.

Fun Facts

There are no tears when cutting leeks, unlike when onions are cut! Leeks have a mild onion flavor.

Uses

- Can be eaten raw, chopped into salads.
- Put in a sandwich.
- Add to mashed potatoes.
- Substitute leeks for onions in recipes.

Produce Tips

- Choose firm, undamaged stalks and fresh-looking with dark tops and white stalks.
- Refrigerate leeks unwashed and dry with roots attached for up to 2 weeks.
- Wrap lightly in plastic to avoid aromas spreading to other foods.
- To clean: remove green tops to within 2" of the white section. Peel off outside layer. Cut leek in half lengthwise and wash thoroughly under water to remove grit and soil between layers.

Creamy Leek, Potato, and Sour Cream Chive Soup

Yield 6 servings:

Ingredients:

3 tbs. butter
2-3 leeks, thinly sliced (white and pale green parts only)
1 teaspoon Tarragon
1 lb. Yukon Gold Potatoes, peeled, thinly sliced
4 cups chicken stock
½ - 1 cup sour cream
4 tbs chopped fresh chives, divided
Salt and pepper

Directions:

Melt butter in pot over medium low flame. Add leeks and tarragon; cover and cook slowly, 15-20 minutes. Add potatoes and stock; bring to a simmer, cover, and cook until tender, 10-15 minutes. Puree mixture. Return puree to pot, stir in sour cream and 2 tablespoons chives. Add salt and pepper to taste. Sprinkle each serving with additional cloves.

Recommended Daily Amount of Fruit and Vegetables

	Kids. Ages 5-12	Teens and Adults, ages 4 ½ to 6 ½ cups
Males	2 ½ to 5 cups per day	4 ½ to 6 ½ cups per day
Females	2 ½ to 5 cups per day	3 ½ to 5 cups per day

*if you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Next Month: Green Peas

Visit our Website: www.jacksoninaction.org

The Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Gordy's Market, local school districts, and the community.



5 2 1 0 Every Day!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

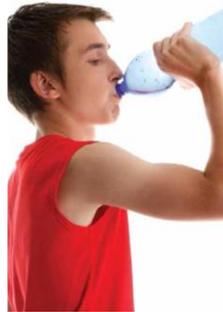
*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Water is fuel for your body

- Between 70-80% of our body is made up of water.
- When you exercise, you sweat, and when you sweat, you lose water– it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!

Put limits on juice

Juice products that end with “ade”, “drink” or “punch” often contain less than 5% actual fruit juice. Even 100% fruit juice is high in sugar. In fact, some juice drinks contain as much sugar as soda!



It's best to choose whole fruit instead of juice whenever you can!

What can **YOU** do? 

Drink more water!

keep it handy

Keep a water bottle on hand so kids can fill up at the water fountains or tap.

keep it cold

Fill up a pitcher of water and keep it in the fridge.

make it fruity

Add fresh lemon, lime, or orange slices to water for natural flavor.



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