

Food for Health: Leeks

Kleinschmidt Farms - Staples, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.

Food justice is a holistic and structural view of the food system that sees healthy food as a human right and addresses structural barriers to that right.

Sprout addresses barriers to accessing local, nutritious food by aggregating products from local farmers.

Buying local food is a form of food justice because it strengthens the local food system and improves access to nutritious food. When local farmers are supported, the community is supported.

Leeks are a member of the onion family. These root vegetables can be wild or cultivated.

Wild leeks, or ramps, are smaller and have a more intense onion-like flavor. Cultivated leeks are larger and have a sweeter onion flavor.

Leeks are a good source of vitamins K, A, C, and B6, as well as minerals iron and manganese. Vitamin K is essential for bone health and blood clotting.

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"It turned out that farming could be the intersection of the two things I loved the most: social justice and the earth."

- Leah Penniman, Soul Fire Farm

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Leek and Potato Soup

Directions

1. In a large pot over medium heat, sauté leeks, fennel, garlic, and seasonings in oil until softened.
2. Add stock and remaining vegetables, stir, and increase heat to medium-high.
3. Once boiling, turn heat to medium and let simmer for about 30-45 minutes. Then, stir in heavy cream.
4. Blend soup to desired consistency or enjoy as is. Top with fennel herb, sour cream, cheese, or bacon.

Leeks have a sweet, mild onion flavor

Ingredients

Soup:

- 3 leeks, dark green sections removed and lighter section chopped
- 1 lb potatoes, diced
- 2-3 carrots, peeled and diced
- 1 fennel bulb, cored and chopped
- 4 garlic cloves, minced
- 3 Tbsp sunflower oil
- 4 cups vegetable broth
- 1 cup heavy cream
- Salt and pepper to taste

Storage: refrigerate leeks loosely wrapped in plastic



To learn more, visit the
Sprout website at
www.sproutmn.com/recipes.

Sprout