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Native to the Mediterranean, North Africa and western Asia, the leek is a highly nutritious crop. Sometimes referred to as a 'superfood,' leeks are rich in fiber and vitamins A, E, and K. Cultivated by humans since antiquity, the leek was a favorite of the ancient Egyptians, Greeks, and Romans. The leek was first introduced to Europe during the Middle Ages and was later introduced to North America by early settlers.

The leek is also a food of legend in Wales, instrumental in saving the country during the battle of Heathfield when St. David advised the Welsh army to adorn their helmets with leeks found growing upon the battlefield to distinguish their soldiers from those of the invading Saxon army. The leek is now the national vegetable of Wales and is often worn by Welsh citizens on St. David's Day to commemorate this event.

The Large American Flag leek, also known as the Scotch Flag Leek or Giant Musselburgh Leek, is a Scottish heirloom leek introduced in Edinburgh, Scotland in the 1830s. This leek variety was bred to endure cold weather and is of superior quality and taste.

Craft: Natural Paintbrushes

Supplies:

- Twigs
- String, twine, or thin ribbon
- Material for brush bristles (pine needles, rosemary, or even tree buds)
- Trim your twigs to create the brush handles.
- If the bristles are long (like pine needles), trim them to a better size. You can also cut them in half to create multiple brushes.
- Distribute the bristle material evenly around the twig. Wrap your string or twine tightly around the bristles and handle.

Tip: If you have trouble wrapping the string and holding the brush together, try using a rubber band to hold it all in place while you wrap the string.

- You brush is ready to use! Use acrylic paints or even natural inks with your natural brush.



Leeks – Large American Flag (*Allium ampeloprasum*)



Grab & Grow Seed Kits



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An heirloom variety with sweet, mild taste and excellent tolerance for cold. Stems grow 10-15" long and 2-3" in diameter.

Seed Package Instructions:

Culture: Prefers cool weather, a sunny location, and loose, rich soil. Tends to rot in oversaturated, heavy soils. Planting season in the Bay Area is February – April.

Start indoors in pots or outdoors in sunny, protected area. Place seeds about ¼" deep, 2-3" apart. Rows should be spaced approximately 12-18" apart. Thin or transplant to about 6" apart after plants are several inches tall and have several sets of leaves. Hill the soil up around the plant as it grows to increase the length of the white portion of the stem.

Water: Keep soil moist, but not saturated, until seedlings emerge in 5 - 10 days (longer if temperatures are very cold). Thereafter, provide even moisture on a regular basis to prevent over drying of soil.

Harvest: Reaches maturity in 90 – 120 days. Harvest by loosening the soil around the plant and gently pry them up by the roots.

Culinary Tips: Baby leeks can be used in salads. Light green and white portions of mature plants are wonderful in stews, grilled, or eaten raw. The thick, dark green portions of the plant can be used to make soup stock or placed in the compost bin.

PLANTING LOG

PLANT NAME _____

LATIN NAME _____

EXPECTED DAYS TO GERMINATION _____

EXPECTED DAYS TO MATURITY _____

Location of Planting:	Watering Log:
Date Seed Planted:	Date
Number of Seeds Planted:	
Germination Date:	
Date of First Harvest:	
Date of Last Harvest:	
Pests/Problems:	
Notes:	

Potato & Leek Soup	
Yield: 6-8 Prep time: 15 minutes Cook Time: 35 minutes	
Ingredients	
1.5 lbs. leeks (whites and light green only) washed and thinly sliced	1.5 lbs. potatoes, peeled and diced
2 tbsp. extra virgin olive oil	4 c. vegetable or chicken stock
1/2 c. heavy cream or coconut milk	1 tsp. kosher salt
1/2 tsp. ground black pepper	2 tbsp. chopped parsley or chopped chives
1.	Heat oil in a large stock pot over medium heat, sauté leeks until soft, but not brown, about 10 -15 minutes.
2.	Add potatoes and vegetable stock. Bring to a boil. Reduce heat to low, cover and simmer until potatoes are tender, about 20 minutes.
3.	Remove from heat and either transfer to a blender or use an immersion blender. Pulse the blender to puree until smooth. Return the puree to a clean pot and add heavy cream or coconut milk. Stir over medium high heat.
4.	Season with salt and pepper to taste. Garnish with parsley or chives.

