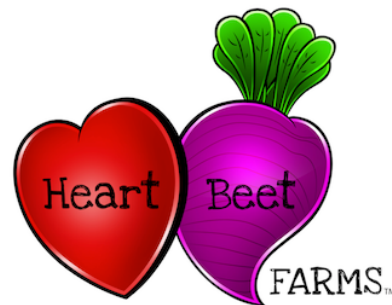


Week 13



We hope you enjoyed Week 12's CSA box & soup!

Week 13 is all about the leek! What is a leek? A leek is a vegetable. Leeks look like overgrown green onions. The stalk formation—long, bundled sheaths—makes the flavor of its edible parts (the white base and green stalk) much milder. Leeks have a mild, onion-like taste. In its raw state, the leek is crunchy and firm. Leeks are hardier than onions and shallots, but they don't cook as well. They can also be thinned during the growing season, which allows the plant to grow to much larger in size once fully mature. Leeks are an excellent source of vitamin K in addition to manganese, vitamin B6, copper, iron, folate and vitamin C.

Peace, Love & Leeks, Ann & Jen

Weekly Soup or Sauce:

Leek & Potato Soup

Ingredients

- Fresh Leeks
- White Potatoes
- Olive Oil
- Fresh Dill
- White pepper
- Homemade chicken stock



*Soups prepared by Jason's Food Service Group & Catering

What else is included in your box this week?

- Leeks
- Tomatoes
- Peppers
- White Eggplant
- Eggplant
- Spaghetti Squash
- Arugula
- Herbs
- New Potatoes

Recipe Idea...

Roasted Leeks, Potatoes & Greens

Check out the recipe @ heartbeetfarms.com/blog

HOW TO CLEAN & CUT YOUR LEEKS...

Thoroughly rinse your leeks and pat dry with a paper towel. With a sharp knife, remove the dark green leaf end and discard or save for soup or stew stock. Thinly slice the leek into rings and discard the root end. For braised leeks, you may want to cut them lengthwise instead. Submerge the sliced leeks in a bowl of cold water.

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Link to our [Pinterest](#) for recipes