November

Leeks

Nutrition Info
One cup of leeks has 54 calories and provides folate and vitamins A & C.

Fun Facts
Leeks are members of the onion family. They have a mild onion taste.

Leeks were considered a “royal food” in Rome. Roman Emperor Nero regularly ate leeks as he believed it would improve his singing voice!

Wild leeks (called Ramps) have a garlic-leek flavor and grow in the maple woods of western Wisconsin. They mature in early spring for 2-3 weeks only – look for them at farmers’ markets in the area!

Uses
Leeks can be cooked whole as a vegetable or chopped and used raw. For the best flavor and texture, use the white bulb and the light green part. The tougher, dark green tops can be added to soups or broth for extra flavor. Substitute leeks in any recipe that calls for onion!

Pick:
• Choose leeks with crisp, bright green tops and unblemished white portions.
• Avoid leeks that appear wilted or have yellow spots.

Store:
• Store leeks in a plastic bag in the crisper drawer of the refrigerator and use within 5 days.

Prepare:
• Before using, trim rootlets and dark green tops.
• Slit the leeks from top to bottom lengthwise, and wash all layers very thoroughly under running water to remove dirt.

We Want to Hear From You!
Share your fruit and vegetable tidbits and tales and be entered into a drawing for a $25 gift certificate! Each month we’ll ask a new question...and give you a new chance to win!

Here’s This Month’s Question:
Throughout La Crosse County, schools, businesses, and workplaces are making changes to make it easier for people to eat healthy, with a special focus on eating plenty of fruits and vegetables. During this month of Thanksgiving, we invite you to tell us about one such health-promoting change that has made a difference for you or your family.

To Enter:
Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than November 30th, 2013 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
Roasted Leek and Vegetable Pita Pizza
Serves 8 (1 pita pizza per serving)

Ingredients
8 individual whole wheat pita breads
1 cup pizza sauce
2 cups shredded part skim mozzarella cheese
3 cups diced bell peppers (about 4 medium peppers)
1 ½ cups diced zucchini, unpeeled (about 2 medium zucchini)
1 ½ cups diced leek, white & pale green part (about 3 leeks)
1 ½ cups peeled, diced carrot (about 3 medium carrots)
2 TB olive oil
4 tsp. dried oregano

Directions:
Preheat oven to 400 degrees. Toss the vegetables in a bowl with the olive oil. Spread onto a sheet pan and place into oven for 15-20 minutes or until tender. Stir occasionally. Remove and cool the vegetables. Top each pita with about 2 tbsp. of pizza sauce, ½ cup veggies, ¾ cup of cheese and ½ tsp. of oregano. Place back into oven for 5-8 minutes or until heated through and the cheese is melted.

Recipe Courtesy of Gundersen Lutheran Chef Thomas Sacksteder.