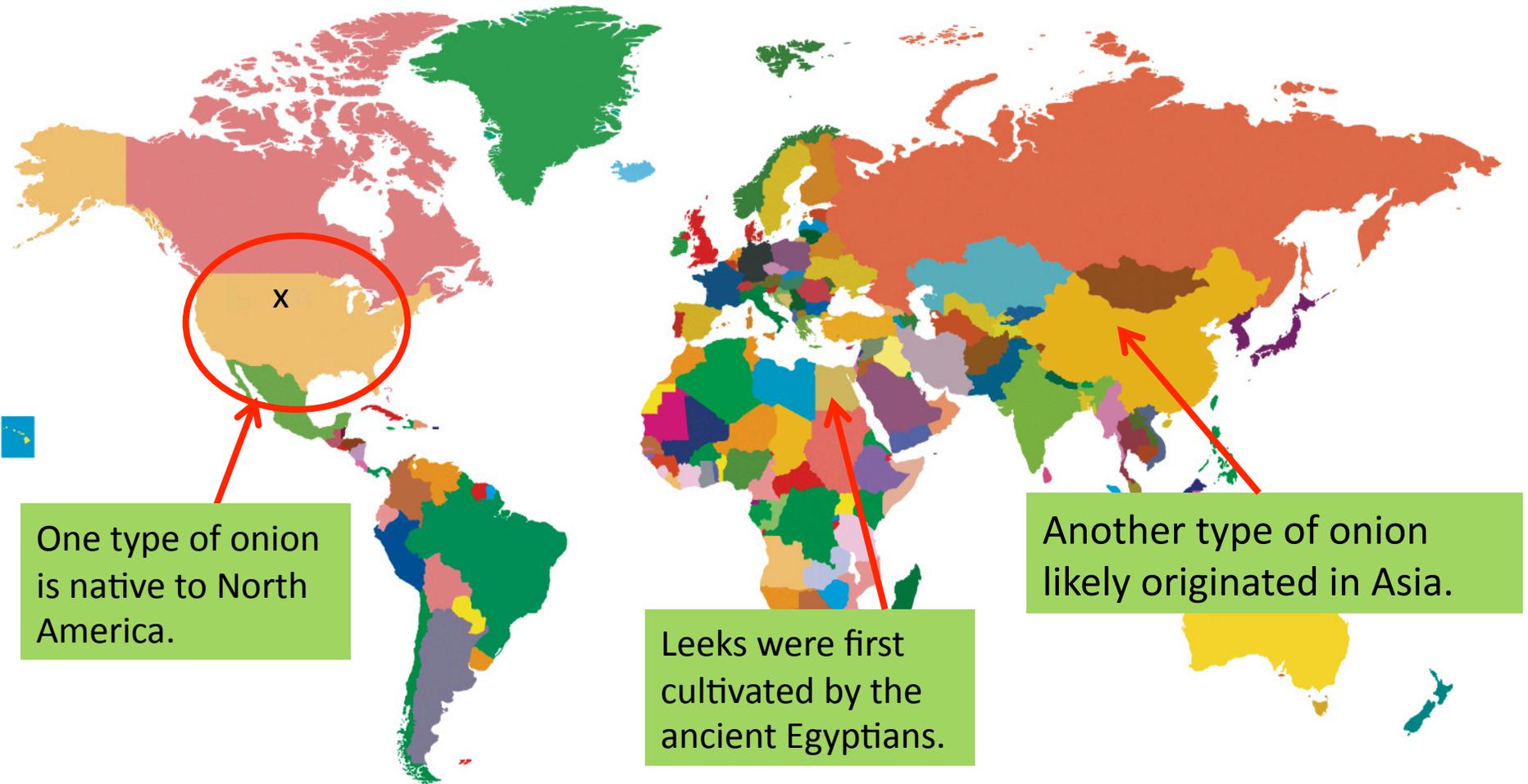




# Onions & Leeks

# History about onions and leeks



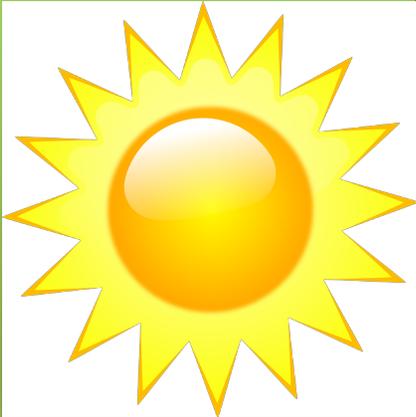
# How do **onions** and **leeks** grow?

Onions and leeks grow in the ground. We eat the onion bulb and the stem of the leek plant.

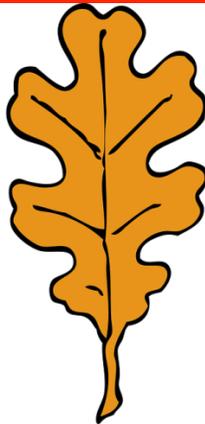


What season do we pick **onions**  
and **leeks**?

Summer



Fall



Winter



Spring



Onions and leeks are cool season crops. They are usually harvested in the fall in South Dakota.

Why should we eat  
onions and leeks?

## Fiber



Healthy digestion,  
cleans out your system

## Vitamin C



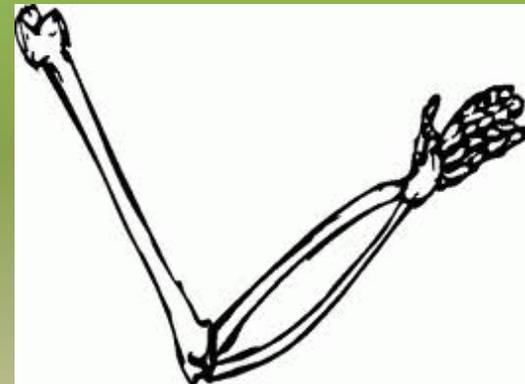
Healthy immune system  
(prevents colds)

## Vitamin B-6



Healthy brain

## Manganese



Healthy bones

# How do you pick a good onion or leek?

- Onions should be firm with no soft spots and have a consistent color.
- Leeks should have long, white stems with a few roots still attached. Avoid leeks with wilted leaves.
- Onions can be kept at room temperature for a few weeks. Leeks can be stored in the refrigerator for 5-10 days.

★ Fun Fact: Onions were used in the middle ages as medicine to cure headaches and snakebites.



**Lets try some  
onions and leeks!**

