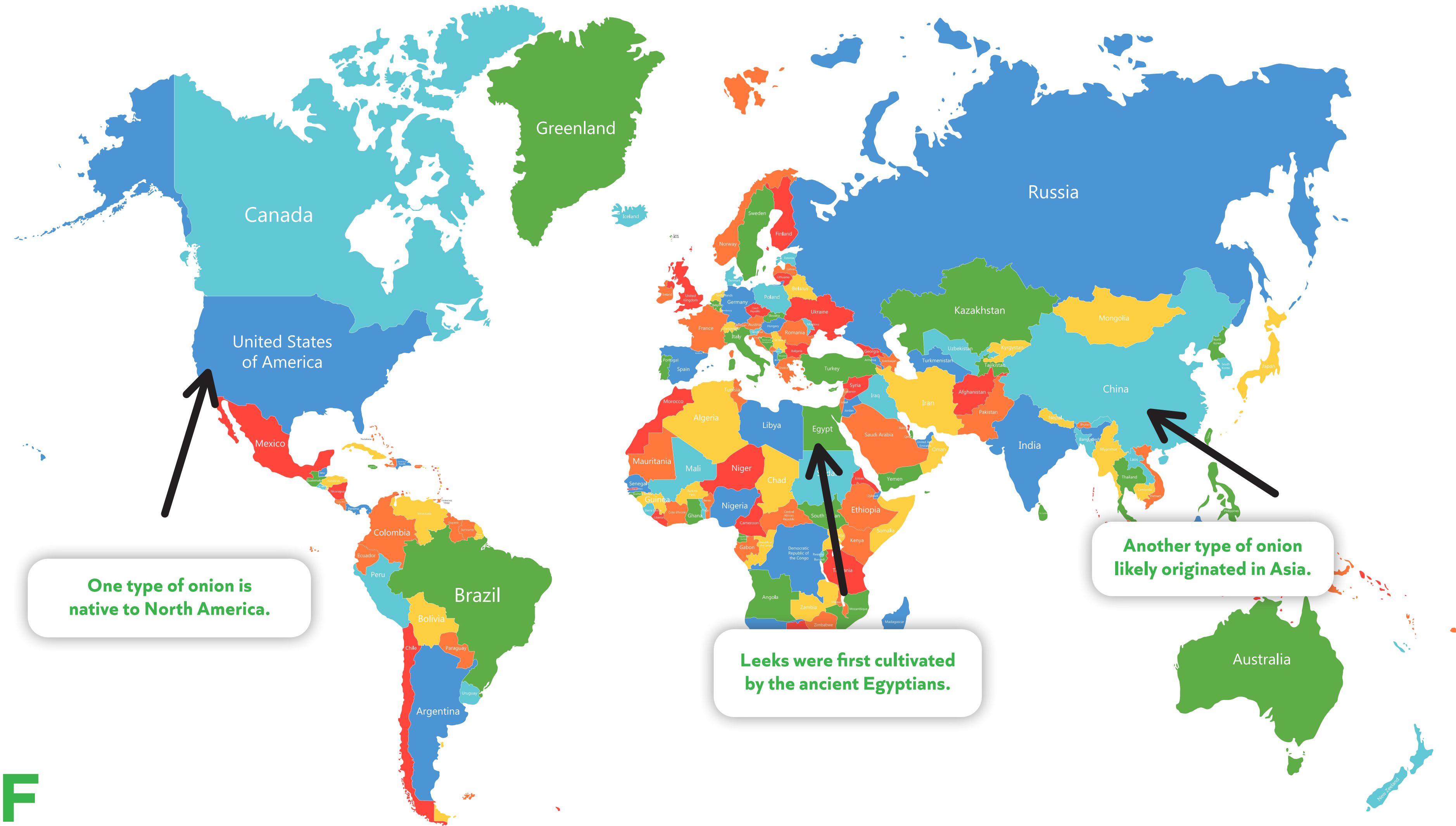


HARVEST OF THE MONTH:

Onions & Leeks





HISTORY OF Onions & Leeks

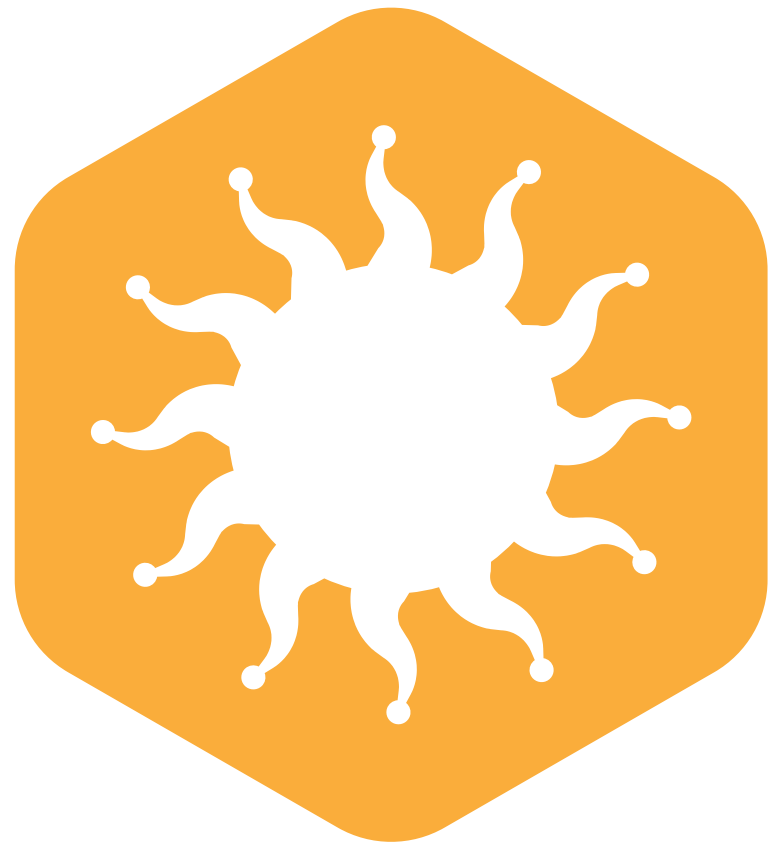


Onions and leeks
grow in the ground. We
eat the onion bulb and the
stem of the leek plant.



HOW DO ONIONS & LEEKS GROW?

WHAT SEASON DO WE PICK ONIONS & LEEKS?



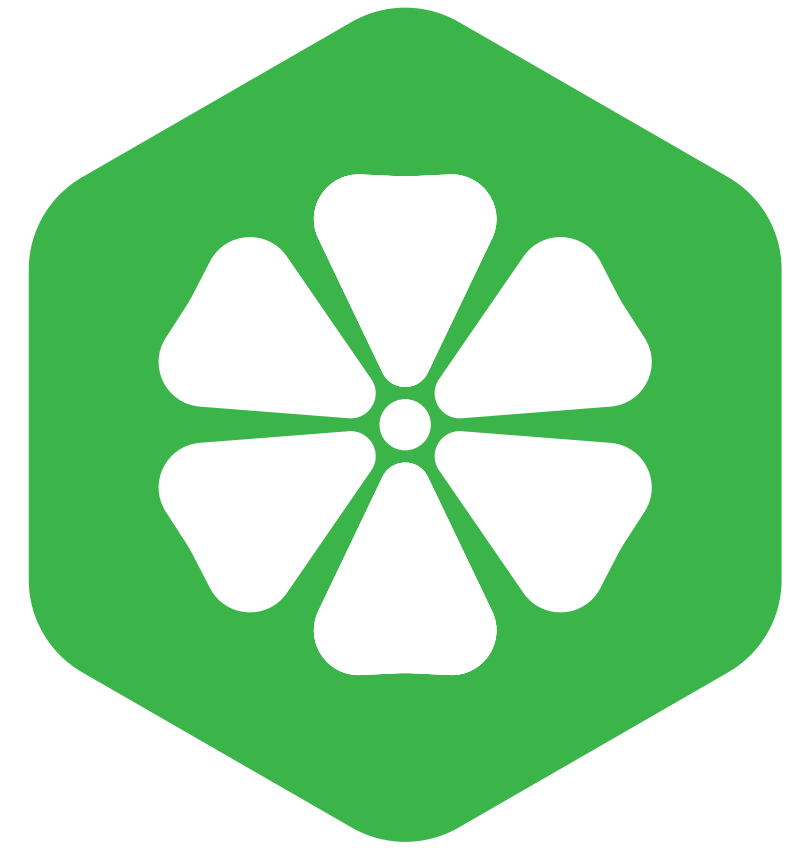
SUMMER



AUTUMN



WINTER



SPRING

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

WHY SHOULD WE EAT ONIONS & LEEKS?

**Healthy immune system
(prevents colds)**



Healthy heart



Healthy brain



Strong bones



HOW DO YOU PICK GOOD ONIONS & LEEKS?

- 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.





LET'S TRY SOME

Onions & Leeks!

