



# Know What You Grow!



## Growing Information

### Cool Season/ Fall Planting

**Inland Valleys August - December**  
**Desert Valleys September - January**

### Growing Guidance

Leeks prefer loam and well-drained soil.

Plant in 10' rows with 24" between rows and 2" between plants in row.

Optimal Temperature for starting seeds or transplanting small plants:

Day Temperature	Night Temperature
60-65 degrees	55-60 degrees

Leeks will tolerate being left in the field for a while after maturity.

[Master Gardener Growing Information](#) and  
Master Gardener Handbook 2015

# Leeks

### Scientific Name:

***Allium ampeloprasum* or *A. porrum***

### Recommended Varieties:

- Large American Flag
- Electra
- Titan

**Common Pest(s):** Thrips (*Thrips tabaci*)  
High populations can reduce yield. Use insecticidal oils and soaps to control.

Leek moth (*Acrolepiopsis assectella*) Larva is a creamy yellow, slender caterpillar. Pick off before maturity and rotate crops yearly to prevent.

[Cornell University Leek Moth](#)



## Interesting Facts

Leeks were abundant in Egypt at the time of the Pharaohs and were part of their diet. Dried specimens of leeks were found at archeological site in Egypt along with carvings and drawings.

Leeks were also eaten in Rome and were regarded as superior to garlic or onions. Leeks were the favorite vegetable of the emperor Nero, who is said to have consumed it in soup or in oil.

During the past centuries there were many scientific names used for leeks, now they are all treated as cultivars of *A. ampeloprasum*. The name leek was taken from the Old English word for onion "*leac*", and the Modern Swedish word for onion "*Loc*".

Leeks are part of the *Allium* genus, that also includes chives, onions, and garlic. Leeks have a less intense flavor than onion but can be used in the same way. Raw in salads or cooked.

[Wikipedia - Leek](#)

**Images:** University of California, Sonoma County Master Gardeners

## Contact Information



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## Nutritional Information

### Nutritional Value

Leeks have 61 kcal, 14.5g carbohydrates, 3.9 g Sugar, 1.8g dietary fiber, .3g fat, 1.5 g protein. Vitamin A equivalent beta-Carotene, lutein zeaxanthin, Thiamine, Riboflavin, Niacin, Pantothenic acid (B5), Vitamin B6, Folate, Vitamins C, E, K. Leeks also have Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium. Source: USDA Food Data Central [USDA](#)

### Recipe:



### Ingredients:

- 1 lemon (juice from it)
- 2 TBS extra virgin olive oil
- 4 leeks white part only, sliced
- 2 ripe tomatoes, rinsed, dried and roughly chopped
- 1 cucumber
- ½ c pitted black olives
- ½ c chopped cilantro

### Prepare:

Whisk together lemon and olive oil. Toss the dressing with the leeks. Chop the tomatoes and cucumber and add the leeks. Add the olives and cilantro and toss well. Add salt and pepper if you like and chill for an hour.

**Recipe** by Midwest Maven featured on: [Food.com](#)