

Leek

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Leek helps prevent atherosclerosis and Type-2 Diabetes

GEEK TALK

Allium porrum

BUT WE TALK

Leeks

DID YOU KNOW?

Very popular for hundreds of years in Europe and the Mediterranean, Leek is recently growing in popularity in America. A close relative to Onions and Garlic, the Leek has a more subtle and sweet taste than the onion and can be eaten raw, boiled or fried.

Commonly used in soups, the edible part of the leek is the bundle of leaf sheaths sometimes referred to improperly as the stem or stalk.

KITCHEN PHARMACY

Leeks are believed to support good cardiovascular health as well as help prevent atherosclerosis, type 2 diabetes, obesity, and rheumatoid arthritis.

