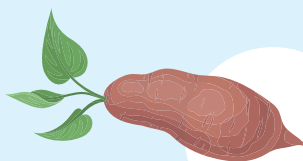




SEPTEMBER

LEEK



RAINBOW ALLEY



LEEK FUN FACTS

1. YOU CAN EAT BOTH THE WHITE AND GREEN PARTS OF THE LEEK, BUT THE WHITE PART IS MORE TENDER AND TASTY. LEEKS CAN ALSO BE EATEN RAW.
2. ONE OF THE MOST FAMOUS DISHES MADE WITH LEEKS IS POTATO LEEK SOUP!
3. LEEKS PROVIDE A GOOD AMOUNT OF DIETARY FIBRE, WHICH HELPS KEEP YOUR DIGESTIVE SYSTEM HAPPY.
4. LEEKS ARE PACKED WITH VITAMINS A, C AND K, WHICH ARE GREAT FOR YOUR EYES, SKIN AND BONES!
5. LEEKS ARE PART OF THE ALLIUM FAMILY, WHICH INCLUDES ONIONS, GARLIC AND CHIVES.



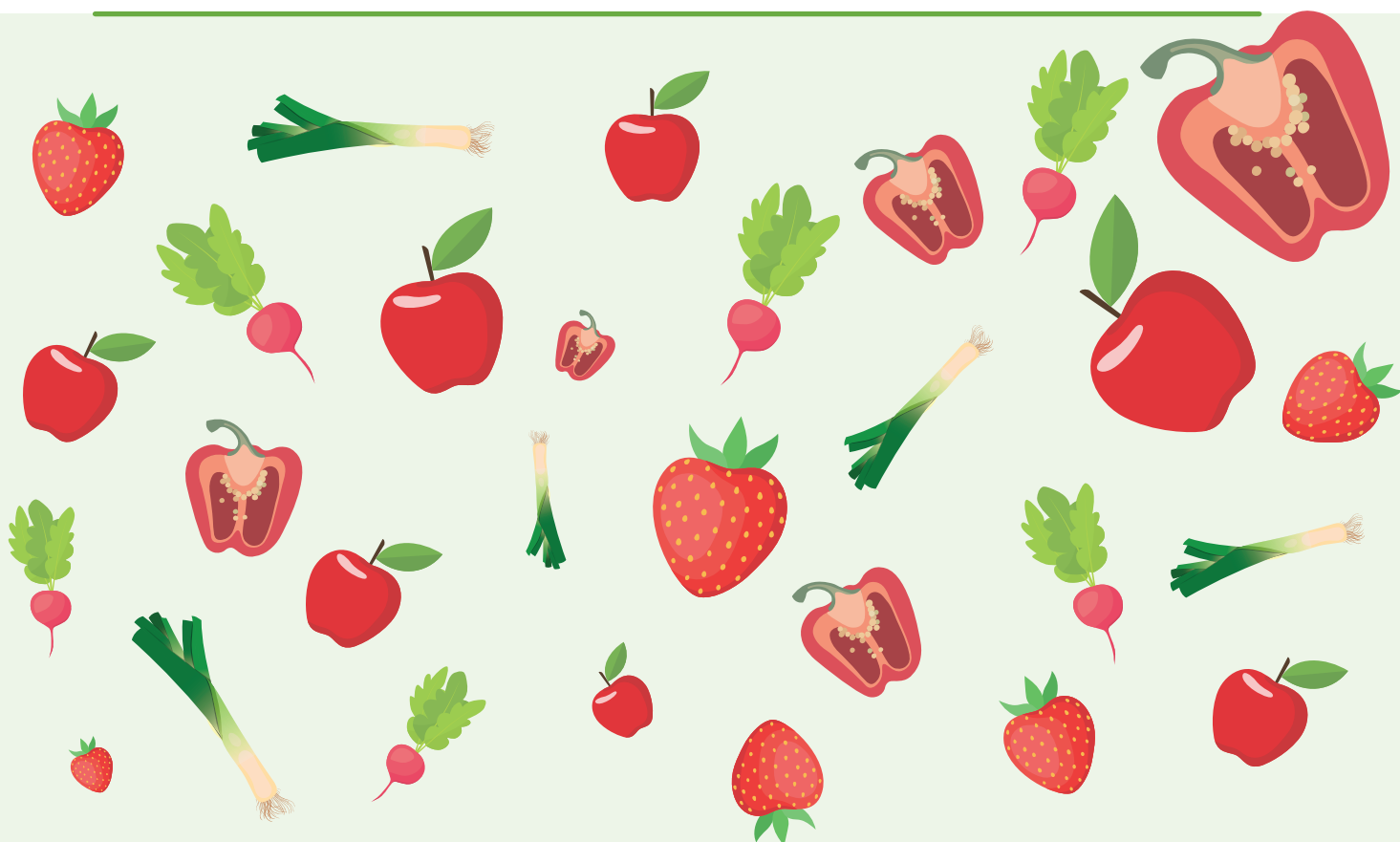
Did you Know?

The leek is one of the national symbols of Wales. On St. David's Day, many Welsh people wear a leek or daffodil as a symbol of their heritage.

THE BIG COUNT

We have fruit and vegetables EVERYWHERE! Can you count how many of each we have?

Do you know what they are? Write them underneath the picture.













RECIPE FROM HOME

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes LEEK!
The winning dish may feature on our menu.

Name of dish

Ingredients

Method

Name:

School Name:

Class: