



## more from the Onion family: Leeks & Shallots

**Leeks:** Leeks usually arrive in late summer & early fall. They're a cooking onion, a uniquely flavored alternative to regular onions. White & slightly bulbous at the bottom (root end), with tall green tops. Use the white part & as much of the green as is tender enough (remove the toughest, driest outer green tops). Leek soup & quiche are classics; leeks are also excellent for flavoring meat, fish, poultry & stews.

**Shallots:** A small bulb (with "cloves" similar to garlic), usually dried like regular onions. Sweet, savory unique onion flavor, excellent for flavoring poultry, meat, stews, stuffings, pilafs & vegetable dishes. Sauté like onions or garlic to caramelize & bring out the flavor.

*(pictured, l. to r.: a row of leeks - definitely big enough to pull up! cleaned, bunched leeks ready for market; a heaping harvest of shallots)*