

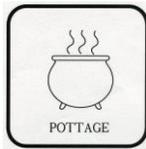
Common Name: **Leek**

Genus: *Allium*

Species: *ampeloprasum var. porrum*

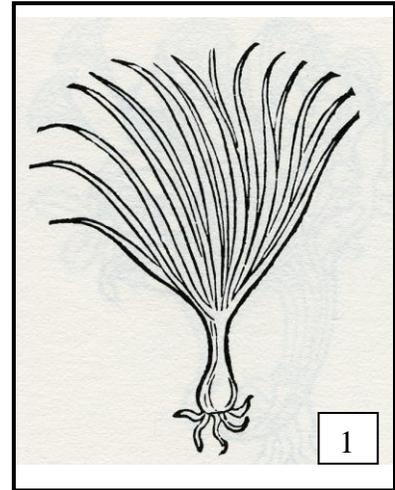
Family: Alliaceae

AKA: Levant Garlic, Round-headed Garlic



Historical Uses:

Medical: Leek has swift and useless heat in it, as cheap brush-wood that burns up and goes out quickly. It produces restlessness in a person's desire. When eaten raw, it is as evil and contrary to a person as poisonous and useless herbs. It corrupts the blood into waste and bad humors so that the blood does not increase and the waste is not diminished. But let a person consume leek raw, mix it with wine, with salt added, or with vinegar, so that it is in the wine or salt so long that it is tempered by these and its bad powers perish.(1)



Being boyled and eaten with ptisana or barley creame, it concocteth and bringeth up raw humors that lie in the chest. Some affirme it to be good in a loch or licking medicine, to cense the pipes of the lungs. The juice drunke with honey is profitable against bitings of venomous beasts, and likewise the leaves stamped and laid thereon. The same juice, with vinegar, frankincense, and milke, or oyle of roses, dropped into the eares, mitigateth their paine, and is good for the noyse in them.(2)

They are a remedy against a surfeit of mushrooms, being baked under embers and taken; and being boiled and applied very warm, helps the piles. In other things they have the same property as onions, though not as effectual.(3)

Culinary: Used as a pot-herb

Folklore/Astrology: Warm in the third and dry in the second degree.

Other: National emblem of Wales.

Emperor Nero was known as Leek-eater (*Porrophagus*) because he ate leeks to improve his singing voice.(4)



Contemporary Uses:

Parts Used: Bulb

Medicinal: None

Culinary: Usually cooked. Flavor is intermediate between onion and garlic.(5)

Area of Origin: Mediterranean region

Plant type: Perennial

Form: Upright

Height: 1.5-5ft.

Flower color: Purple to pink-white flowers.

Flowering period: summer

Soil type/requirements: Rich, well-drained soil.

Hardiness zone: USDA

Sun requirements: Full sun

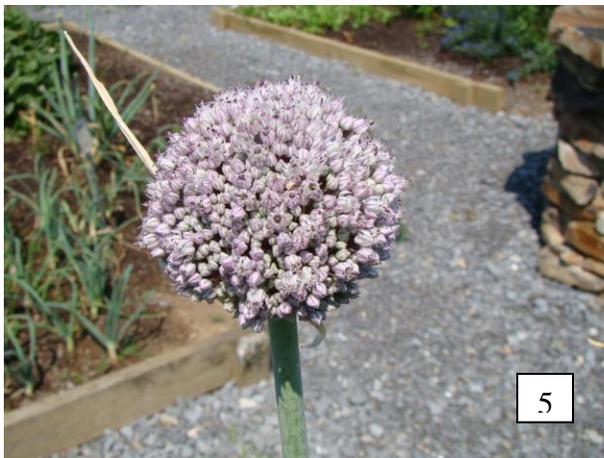
Propagation: By seed in spring, by sets in autumn or spring.

Sources:

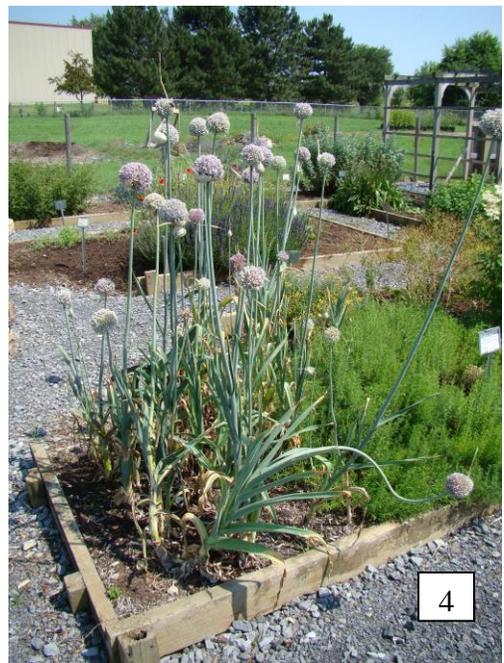
1. Von Bingen, p. 76-77
2. Gerard, p. 175
3. Culpepper, p.109
4. Anderson, p. 21
5. Herb Society of America, p. 112

Illustrations/Images:

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|-----------------------|-------------|
| 1. Schoffer's Herbal | 1484 |
| 2. Tacuinum Sanitatis | Plate XXVII |
| 3. PSUMG | 2012 |
| 4. PSUMG | 2012 |



Flower head just prior to bloom



Left- Close-up of the leek flower

