



# Onion

## Growing & Harvest Info

Plant onions as soon as the ground can be worked in the spring. Choose a location with full sun and well-drained, loose soil. Set plants 1 inch deep so their roots are well covered with soil but the neck is not buried too deeply.

When onions send up flower stalks, pull up the onions for they have stopped growing. When onions are mature, the foliage becomes yellow and begin to fall over. Harvest when bulbs start to fatten up in late summer, before cool weather.

## Nutritional Information

*Onion*

Source	Rating
Vitamins	MODERATE
Minerals	MODERATE
Fiber	MODERATE

## Introduction

Because onions grow in various regions, they were probably consumed for thousands of years and domesticated simultaneously all over the world. Onions may be one of the earliest cultivated crops because they are less perishable than other foods transportable, and easy to grow.

## Preservation

### Storage:

- After you pull the bulb, let the whole plant dry slowly in a well-ventilated place. Once the stems have withered and the onions are completely dry, they can be moved indoors to a cool, dark location for storage.
- Very sweet onions can be stored in the fridge, wrapped in newspaper or paper towels.

### Freezing:

- Chop onions as fine as you want and spread them out in a single layer on a cookie sheet.
- Cover with plastic wrap and put them in the freezer for 1 hour.
- Remove from the freezer and transfer to a zipper bag or mason jar and return to the freezer.
- This will make sure all the little pieces of onion freeze separate so you can use any quantity at any time.

Vegetable state	Use by
Raw	10-12 months
Frozen	1 year
Canned	Not recommended



# Onion

## Preparation

*The sulfuric compounds in onions bring tears to your eyes. To cut down on the crying, chill the onion and cut into the root end of the onion last.*

### Recipe 1: Onion, Pepper, and Potato Bake

#### Ingredients

- 3 large onions, cut into wedges
- 1/4 cup olive oil
- 4 large potatoes, peeled and thickly sliced
- 2 large green and red bell peppers, cut into wedges
- 1/2 cup chicken stock
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

#### Directions

- Pour 1/4 cup olive oil into the skillet and cook the potatoes, stirring occasionally until browned, about 10 minutes.
- Place the potatoes into the baking dish, leaving some oil.
- Cook and stir the green and red peppers and onions in the hot skillet until they soften, about 5 minutes. Add the vegetables to the baking dish.
- Pour chicken stock over the vegetables and sprinkle with salt and pepper. Stir the potatoes and vegetables together.
- Bake in the oven at 400 until hot and bubbling, 20-25 minutes.

### Recipe 2: Caramelized Onion and Cheddar Quesadillas

#### Ingredients

- 2 tablespoons olive oil
- 1/2 red onion, sliced thin
- pinch sea salt
- 2 tortillas
- 1/2 cup cheddar cheese, grated

#### Directions

- Place a skillet over medium-high heat. Add 1 tablespoon olive oil.
- Once warm, add the red onion and a pinch of sea salt.
- Toss to coat, then turn heat to low.
- Stir occasionally, cooking for 20 minutes. Remove from pan and set aside.
- Turn heat to medium, add half the remaining oil and a tortilla.
- Add the cheese on one side. Add the caramelized onions and fold.
- Cook each side two minutes.

## Prepare Onions Like This:

Baked  
Boiled  
Grilled  
Steamed

Roasted  
Sautéed  
Slow-Cooked

## Try Onions In:

Salads  
Salsa  
Dips/Sauces  
Burgers  
Sandwiches  
Wraps  
Pizza  
Pasta