



Scallions

Growing & Harvest Info

Scallions are easier to grow than regular onions and have a short growing season. Plant scallions outdoors as early as 4 weeks before the last spring frost. If starting seeds indoors, plant 6-8 weeks before the last spring frost. Plant seeds 1/4 inch deep and 1/2 inch apart in rich, well-drained soil. Mulch plants to help retain soil moisture and protect against weeds. Frequently water scallions in small amounts throughout the growing season.

Harvest scallions before the onion bulb forms. For a milder flavor, harvest scallions earlier. Harvest scallions when they are at least a 1/2 inch thick or 8-12 inches tall. Scallions should be green and upright. Both the greens and white stalk of the scallion are edible. Before eating, be sure to trim off the roots and the tip of the white stem, as well as the top two inches of greenery.

Nutritional Information

Scallions

Source	Rating
Vitamins	EXCELLENT
Minerals	MODERATE
Fiber	GOOD

Introduction

Scallions, also known as Welsh onions or bunching onions, have a mild flavor that is less intense than regular onions. Scallions were a popular remedy in Asian folk medicine for thousands of years.

Preservation

Storing:

- Store scallions in the refrigerator in an airtight plastic bag for up to 1 week (optional: store with damp paper towel). Do not wash them until right before use.

Freezing:

- Slice off the roots and leaf tips. Wash and dry well.
- Chop and place a thin layer in freezer bags and freeze. Most cooks prefer to freeze the tops and bases separately.

Pickling:

Ingredients

- 1 bunch scallions
- 2 tsp mustard seeds
- 1 tsp coriander seeds
- 1/2 tsp cumin seeds
- 1 cup white vinegar
- 1/2 cup sugar
- 1 tbsp kosher salt

Directions

- Trim both ends of scallions and cut in half crosswise. Pack into a 1-pint heatproof jar.
- Toast mustard, coriander, and cumin seeds in a dry small saucepan over medium-low heat, tossing often, until fragrant, about 2 minutes. Add to jar.
- In the same pan, bring vinegar, sugar, and salt to a simmer over medium heat, stirring to dissolve the sugar and salt. Pour brine over scallions and seal jar.
- Chill for at least 1 day before using.

Vegetable state	Use by
Raw	1 week
Frozen	6 months
Pickled	1 year



Scallions

Scallions are rich in antioxidants that combat disease compounds. Thus, scallions may lower your risk of getting sick!

Prepare scallions like this:

Baked
Grilled
Raw
Roasted
Sautéed

Try scallions in:

Soups
Pizzas
Stir-Fries
Dips
Pastas
Salads

Recipe 1: Sour Cream and Scallion Drop Biscuits

Ingredients

- 4 scallions, thinly sliced
- 2 cups flour
- 2 tsp salt
- 1 tsp sugar
- 1/2 tsp baking soda
- 1 stick unsalted butter, melted, cooled, divided
- 1 1/2 cups sour cream

Directions

- Preheat oven to 400 degrees F.
- In a large bowl, whisk flour, baking powder, salt, sugar, and baking soda. Drizzle in 6 tbsp of butter and mix lightly.
- Make a well in the center of the bowl and add scallions and sour cream. Mix with a wooden spoon until no dry spots remain and mixture forms a shaggy dough.
- Using 2 spoons, drop 12 spoonfuls of dough 1 1/2 inches apart onto a parchment-lined baking sheet. Brush tops with remaining 2 tbsp. butter.
- Bake biscuits 12-15 minutes, or until tops and bottoms are golden brown.

Recipe 2: Grilled Scallions

Ingredients

- 8 scallions, trimmed, halved lengthwise
- 1 tbsp olive oil
- Salt and pepper, to taste
- Hot sauce and toasted sesame seeds (optional)

Directions

- Prepare a grill for medium-high heat.
- Toss scallions in oil on a rimmed baking sheet and season with salt and pepper
- Grill scallions on a grill topper, turning once, until well charred and tender, about 1 minute per side.
- Transfer to a platter. If desired, drizzle with hot sauce and top with toasted sesame seeds.