



Onion

Growing and Harvest Information

Plant onions early-mid March as soon as the ground can be worked. Choose a location with full sun, well-draining, loose soil, and avoid sites recently planted with other members of the onion family. Amend the soil with compost before planting. Plant onion sets pointy end up/blunt end down about 2" deep. Space the onion sets 6" apart.

After planting, mulch the bed with 3" of straw or shredded leaves to suppress weeds and conserve moisture.

Harvest when the tops have fallen over, around early-mid June. The onions will then need to be cured. Put the harvested onions in a shaded location with good airflow until the greens have turned brown and dried back to the bulb. Then cut the tops and roots and store in a cool dry place.

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.

Preparation & Storage

Refrigerating:

- 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.

Nutritional Benefits

Source	Rating
Vitamins	MODERATE
Mineral	MODERATE
Fiber	MODERATE

Use By Guide

Vegetable State	Use by
Raw	10-12 months
Freezing	1 year
Refrigerated	Not recommended



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Fun Fact:

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.

Prepare Onions Like This:

Baked	Roasted
Boiled	Sauteed
Grilled	Slow-
Steamed	Cooked

Try Onions In:

Salads
Salsa
Dips/Sauces
Burgers
Sandwiches
Wraps
Pizza
Pasta

Preparation

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

1. Pour 1/4 cup olive oil into the skillet and cook the potatoes, stirring occasionally until browned, about 10 minutes.
2. Place the potatoes into the baking dish, leaving some oil.
3. 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.
4. Pour chicken stock over the vegetables and sprinkle with salt and pepper. Stir the potatoes and vegetables together.
5. 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

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