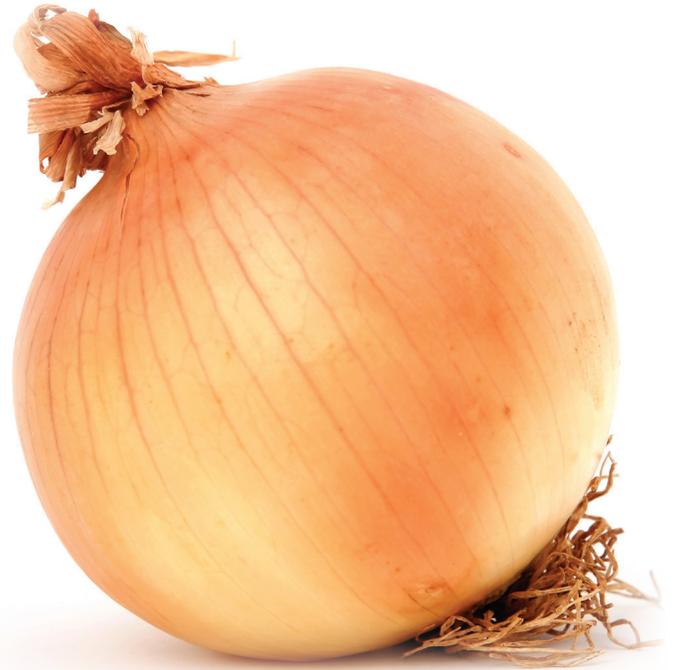

April

CHEQUAMEGON BAY



HARVEST of the MONTH



ONION

Nutritional Benefits

A good source of dietary fiber, folate, potassium and manganese, onions are also a very good source of vitamins C and B6 and a significant source of antioxidants.

How to Select

Choose onions that are heavy for their size, with thin, shiny skins. Avoid onions with soft spots or bruises and those that are sprouting.

How to Store

Some experts recommend wrapping onions in paper towels or newspaper then placing in the refrigerator to keep them cool and dry, but others say to keep them out of the refrigerator—in a cool dry place. In either case, don't store them in plastic bags, and don't store them near potatoes, because the potatoes will absorb water from the onions. Once you slice into an onion, wrap any leftover in plastic wrap and place it in the refrigerator.

How to Eat

Sautéing onions makes them sweeter. Try them on meats, tofu, tempeh and in egg dishes. Always use low or medium heat when cooking onions, because high heat can make them bitter.

Did you know?

- ✓ Wisconsin ranks #13 in the nation in onion production in pounds. Idaho comes in at #1.
- ✓ "Sweet" onions are sweeter because chemically they have fewer sulfur-containing compounds, which means a higher sugar level than other onions.
- ✓ Onions come in red, yellow, and white varieties.
- ✓ The World Record for the Heaviest Onion weighed in at 18 pounds 11 ounces and measured 32 inches around at its widest part.

Brought to you by the
Healthy CHANGE Coalition



Grow Your Own Onions



Did you know it's easy to grow onions, even if all you have is a sunny window? What's more, you can grow onions from the roots of an onion you buy from the store. Here's how!

Equipment

- 6-inch flower pot with drainage holes
- Cup or saucer to catch water drainage
- Onion seeds, onion sets (young onions), green onions, or onion scrap with roots
- Good quality potting soil made for growing vegetables

Instructions

1. Select your starter onions. Seeds are most economical, but so is saving the root from an onion you have already purchased to eat. Green onions (also called scallions) are also an easy way to go.
2. Fill the pot half way with moist soil.
3. Arrange onion seeds, plants, or roots at least two inches apart with the root side down. Seeds can be spread evenly.
4. Cover gently with more soil until the tops are just visible. Seeds can be lightly covered.
5. Place in a sunny window that gets at least six hours of sunlight.
6. Keep the soil moist, but not soggy.
7. Green onions will be ready for harvest in a few weeks. If you planted seeds, you can thin them as needed. Use the green tops just as you would the bulb.
8. Full-grown onion bulbs can take well over 100 days to harvest, but if you have the patience, you can grow a full-sized onion!

CHEQUAMEGON BAY



Cooking Corner

CARMELIZED ONION PIZZA



Ingredients

- 1 ready to bake pizza crust
- 2 tablespoon olive oil
- 4 cups sliced yellow onions (about 3 medium onions)
- 1 tablespoon minced garlic
- 2 tablespoon balsamic vinegar
- 1/2 cup chopped roasted red pepper or grilled bell peppers
- 4 ounces goat cheese, crumbled
- 2 ounces shredded provolone or mozzarella cheese
- 1/4 cup chopped grilled chicken (optional)

Preparation

1. Caramelize the onions by heating olive oil in a large skillet over medium heat. Add onions and garlic and cook over medium-low heat for about 20-30 minutes, stirring frequently, until the onions are very soft and lightly browned. Add the balsamic vinegar and cook a few more minutes, then remove from heat.
2. Preheat grill to low-medium heat (or preheat oven to 400°F).
3. Spread caramelized onions evenly over pizza crust. Top onions with chopped peppers, crumbled goat cheese, shredded provolone, and chicken if using. Bake for 10-15 minutes, making sure the crust does not burn. Remove from grill or oven and let set 5 minutes before slicing.

Recipe courtesy of strongertogether.com

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