



Onions

What are they?

Onions were the first item planted this season for you. We grow an assortment of onions on the farm.

Red, yellow, and white onions are all used for different purposes. Many recipes don't specify what type they mean when they call for onions. While using whatever kind you already have won't necessarily ruin a dish, using the best one for what you're cooking will definitely make your food taste better. There are no strict guidelines for what onions goes with what, or what onion should be cooked this way or that way, but there are a lot of general rules



Storage Tips

To maximize their storage life, store your dry bulb onions in a cool, dry, well-ventilated spot. Do not store them in plastic bags; they need to be able to breathe. If you plan to use the onions in a cooked recipe, you can chop them, spread them on a sheet pan, and flash freeze them. Once frozen, transfer to a freezer bag.



Usage Tips

Since white onions are milder and sweeter than your basic yellow onion. They are best for raw dishes like salsa, dips, guacamole and salads. Red onions are sweet and mild enough to be eaten raw and have the added benefit of adding the beautiful purple color that enhance your salads. It's a great onion to pickle or add to sandwiches and burgers. Yellow all-purpose onions can be added to cooked dishes.

A Vegetable E-booklet



RECIPES

Bacon Onion Jam

INGREDIENTS

- 1 tablespoon olive oil
- 3 pieces thick-cut bacon, cut into 1/2-inch pieces
- 2 red onions, thinly sliced
- 1 teaspoon Kosher salt
- Freshly ground black pepper
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 2 tablespoons brown sugar
- 2 tablespoons water

INSTRUCTIONS

1. Heat a large skillet over medium heat. Add olive oil, allow to warm and add bacon. Cook for 5 min until it has begun to render it's fat, but has not browned.
2. Add onions, salt and pepper. Cook for 15 min until onions have released their liquid and begun to soften. You need to watch them and stir at least every couple minutes.
3. Add balsamic, honey and brown sugar. Reduce heat to low and continue to cook for 15 minutes, again, stirring every couple minutes. Add water and cook until reduced.

Adapted from www.theleekandthecarrot.com

Beet and Onion Salad

INGREDIENTS

- 2 lbs small beets
- 2 large onions thinly sliced
- 2 garlic cloves minced
- salt and pepper to taste
- 1/2 cup EVOO
- 1/2 cup red wine vinegar

INSTRUCTIONS

1. Trim stems from beets leaving 1/4 inch stem attached.
2. Place beets in pan with enough water to cover.
3. Boil, cover, reduce heat and simmer until tender about 25 min. Drain and cool. Peel and slice in 1/4 inch slices.
4. Arrange beets on a platter, top with onions and sprinkle with garlic.
5. Sprinkle with salt and pepper. Mix vinegar and oil, pour over beets.
6. Refrigerate until well chilled, serve.

Adapted from www.sharedlegacyfarms.com