

ABOUT THE NATIONAL ONION ASSOCIATION

The National Onion Association tells the story of the bulb onion, promoting the usage and visibility of the third most consumed fresh vegetable in the U.S. with active media relations, recipe development, culinary education and more. Members of NOA rely on the non-profit trade association for up-to-date information, government representation, industry-wide networking, as well as consumer outreach. Visit www.onions-usa.org for more information.

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ONIONS THROUGH THE AGES



Long before farming or even writing was invented, wild onions were a staple in the prehistoric diet. Many botanists, food historians, and archaeologists believe onions originated in central Asia. Other research suggests onions were first grown in Iran and West Pakistan.

While their exact origin is a mystery, onions may be one of the earliest cultivated crops. Onions in Chinese gardens are referenced in some of the oldest Vedic writing from India, as early as 5000 years ago. In Egypt, onions can be traced back to 3500 B.C. Sumerian text dated to about 2500 B.C. tells of someone plowing over the city governor's onion patch. Early documents describe the importance of onions, not only as a food, but for use in art, medicine, and mummification.

Ancient Egypt

Onions were an object of worship symbolizing eternity to those who buried onions along with their pharaohs. The Egyptians saw eternal life in the anatomy of the onion because of its circle-within-a-circle structure. In fact, King Ramses IV, who died in 1160 B.C., was entombed with onions in his eye sockets. Onions have frequently been found in other body cavities of mummies.

Paintings of onions appear on the inner walls of the pyramids and in the tombs of both the Old Kingdom and the New Kingdom. The onion is mentioned as a funeral offering, is depicted on the banquet tables of the great feasts, and is shown upon the altars of the gods.

Israelites in Biblical Times

In Numbers 11:5, the children of Israel lament the meager desert diet enforced by the Exodus: "We remember the fish, which we did eat in Egypt freely, the cucumbers and the melons and the leeks and the onions and the garlic."

India

As early as the sixth century, the famous medical treatise Charaka-Sanhita celebrated the onion as medicine – a diuretic good for digestion, the heart, the eyes, and the joints.



First-Century Greece

The physician Pedanius Dioscorides noted several medicinal uses of onions. Greeks used them to fortify athletes for the Olympic Games. Before competition, athletes consumed pounds of onions, drank onion juice, and rubbed onions on their bodies.



Early Roman Empire

Author and naturalist Pliny the Elder wrote of Pompeii's onions and cabbages. Before he was overcome and killed by the volcano's heat and fumes, he catalogued the Roman beliefs about the efficacy of the onion to cure vision, induce sleep, and heal such maladies as mouth sores, dog bites, toothaches, dysentery, and lumbago. Excavators of the destroyed city found gardens where, just as Pliny said, onions had grown.

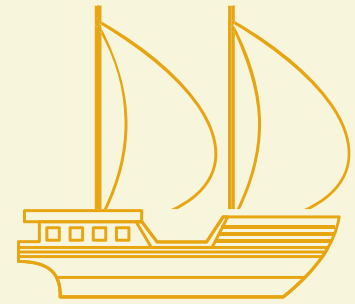
The Roman gourmet Apicius, credited with writing one of the first cookbooks (dating to the eighth and ninth centuries A.D.), included many references to onions.

Europe

Cuisine of the Middle Ages regularly featured beans, cabbage, and onions. In addition to serving as a food for the poor and the wealthy, onions were prescribed to alleviate headaches, snakebites, and hair loss. They were also used as rent payments and wedding gifts.

Native Americans

Strains of wild onion grew throughout North America, were gathered and used raw, cooked, and as a seasoning. Native Americans also used onions in syrups, as poultices, as an ingredient in dyes, and even as toys.



The first pilgrims to America

The pilgrims brought onions with them on the Mayflower to be a garden crop. A popular commercial crop in England, they did not wait long to produce onions for market in New England. One bushel of onion was included on a cargo list of a coaster on Long Island Sound in 1667 and more were documented on vessels in 1718 headed as far away as Surinam and Barbados.



ONIONS

FOR ALL SEASONS



Onions of all colors – yellow, red, and white are grown in the U.S. and available year-round. Seasonal differences like flavor and texture are noticeable and highlighted in the following charts.

SPRING/SUMMER ONION TRAITS*

AVAILABILITY

March - August

SKIN

One or two thin layers, often transparent and lighter in color, especially yellow varieties

WATER CONTENT

High, which leads to a shorter shelf-life (30-60 days) and easier bruising

FLAVOR

Sweet to mild

BEST USES

Raw, pickled, lightly-cooked or grilled

FALL/WINTER ONION TRAITS

AVAILABILITY

August - May

SKIN

Multiple, thick, paper-like layers, darker in color, especially yellow varieties

WATER CONTENT

Lower than Spring/Summer, which leads to longer shelf-life (30-180 days)

FLAVOR

Mild to pungent

BEST USES

Caramelized, roasted, fried or any dish with a longer cook time

*Many specialty sweet onions are part of this category and are sold under a specific trade name or label.

All imported and some domestic onions with these traits are offered other times of the year.



SPRING/SUMMER

U.S. ONION AVAILABILITY

ARIZONA

May - June

CALIFORNIA, GEORGIA

April - September

COLORADO

July - September

FLORIDA, SOUTH CAROLINA, NORTH CAROLINA

Limited Production

HAWAII

Year Round, limited mainland availability

NEW MEXICO

June - September

NEW YORK

July - August

TEXAS

March - June

WASHINGTON

June - August, Walla Walla Sweet Onions only

FALL/WINTER

U.S. ONION AVAILABILITY

CALIFORNIA, NEVADA

September - April

COLORADO

September - March

IDAHO, EASTERN OREGON

July - May

ILLINOIS, INDIANA, IOWA, OHIO

September - March

MASSACHUSETTS, PENNSYLVANIA

Limited Production

MICHIGAN, MINNESOTA, NORTH DAKOTA, WISCONSIN

August - March

NEW YORK

August - May

UTAH

August - March

WASHINGTON, WEST/CENTRAL OREGON

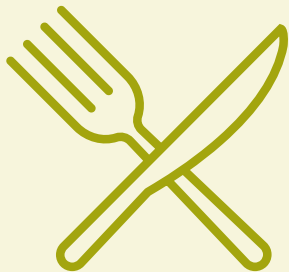
July - June

ONIONS

FOR YOUR HEALTH



Onions add abundant flavor to a wide variety of food, yet are low in calories. With only 45 calories per serving, onions are naturally fat and cholesterol free. They are a source of dietary fiber, vitamin C, vitamin B6, potassium, and other key nutrients including folate, calcium and iron.




Bonus Benefits

Onions contain a variety of other naturally occurring chemicals known as organosulfur compounds linked to lowering blood pressure and cholesterol levels.

Among some of their best-known benefits, onions contain the flavonoid quercetin which acts as an anti-inflammatory in the body, inhibits low-density lipoprotein oxidation (an important reaction in the atherosclerosis and coronary heart disease), protects and regenerates vitamin E (a powerful antioxidant), and provides protection from many forms of cancer.

ONION NUTRITION FACTS

	Serving Size 1 medium onion (148g)	Percent Daily Values*
Calories	45	
Total Fat	0	0%
Cholesterol	0	0%
Sodium	5 mg	0%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	11%
Sugars	9 g	—
Protein	1 g	—
<hr/>		
Vitamin A	3 IU	0%
Vitamin C	11.8 mg	20%
Vitamin B6	0.2 mg	9%
Folate	28.5 mcg	7%
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Calcium	34 mg	2%
Iron	0.31 mg	2%
Magnesium	15 mg	—
Phosphorus	43.5 mg	4%
Potassium	190 mg	4%
Zinc	0.3 mg	2%
Copper	0.1 mg	3%
Manganese	0.2 mcg	10%
Selenium	0.7 mcg	1%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Source: Food and Drug Administration (FDA)

OTHER HEALTH PROPERTIES



- Onions contain disulfides, trisulfides, cepaene, and vinyl dithiins. These compounds have a variety of health-functional properties, including anticancer, antiviral, and antimicrobial activities.
- Consumption of onions may prevent gastric ulcers by inhibiting the growth of ulcer-forming microorganism *Helicobacter pylori*. This is significant because good “gut health” is strongly associated with prevention of chronic diseases and healthy aging.
- More pungent onions exhibit strong anti-platelet activity. Platelet aggregation is associated with atherosclerosis, cardiovascular disease, heart attack, and stroke.
- Data from animal studies suggest onion consumption may increase bone mineral content and density with the potential of decreasing incidences of osteoporosis.

For an in-depth look at the various research studies visit: www.onions-usa.org/all-about-onions/onion-health-research



10 ESSENTIALS TO UNDERSTANDING ONIONS



10. What is difference between yellow, red, and white onions?

When the recipe calls for an onion, here are a few pointers.

Yellow



From sweet to mild to full-flavored, yellow onions are all-purpose and can be used for any recipe. Sweet and mild types are best raw, marinated or lightly cooked. Full-flavored and Spanish types are ideal for grilling, roasting, and caramelizing. When caramelized, they turn a rich, dark brown – they give French onion soup its famous color and flavor.

Percentage of the U.S. onion crop:
Approximately 85%

Red



Mild red onions are often eaten raw or pickled; they can be spicy, or pungent depending on the variety and time of year. Their color and texture lends well to grilling, char-broiling, and roasting. Red onions are commonly used on salads and sandwiches.

Percentage of the U.S. onion crop:
Approximately 8-10%

White



Crisp when raw, white onions have a distinct onion flavor with little to no after-taste. When sautéed, they have a mellow flavor and turn a golden color. White onions are popular in Latin and Italian cuisines, stirfrys, deli-style salads, and sandwiches.

Percentage of the U.S. onion crop:
Approximately 5%

9. How to avoid watery eyes when cutting onions.



When an onion is cut, sulfur compounds mix with alliinase enzymes, which irritates the eye and brings on the teary experience. To reduce tearing, chill onions at least 30 minutes before cutting. Refrigeration will slow down the chemical reactions. Also, be sure to use a sharp, straight-edge knife to minimize damage to the onion cells, thus creating less of the tear-producing compounds. Finally, cut the root end of the onion last, as it generally has the highest concentration of tear-producing compounds.

8. What are the health benefits of onions?

Onions add abundant flavor to a wide variety of food, yet are low in calories. Onions are a source of dietary fiber, Vitamins C and B6, potassium, folate, calcium, and iron. In addition to their nutritional value, onion bulbs have a unique combination of three families of compounds believed to have valuable effects on human health - fructans, flavonoids, and organosulfur compounds. Research indicates these compounds may support healthy aging and aid in the maintenance or prevention of chronic illnesses. For details visit: <https://www.onions-usa.org/all-about-onions/onion-health-research>



7. Can different cooking methods change the flavor of onions?



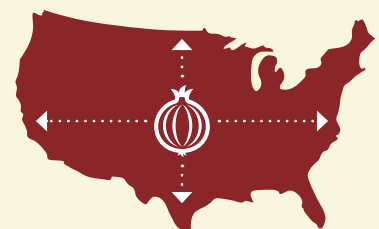
Cooking time and heat intensity both affect flavor. A short period of high heat brings out strong onion characteristics more quickly, while long cooking over low heat diminishes the strong taste, enhancing the onion's natural sweetness. Using too high a temperature (especially for a long a time) develops bitterness. Sautéing, stirfrying or caramelizing an onion over medium heat brings out the most savory flavor.

6. Where do onions grow?

Onions grow as a commercial crop in more than 20 of the United States, border-to-border and coast-to-coast. The top production areas are California, Idaho-Eastern Oregon and, Washington.

The National Onion Association estimates about 500 U.S. growers plant approximately 125,000 acres of onions each year, producing about 6.2 billion pounds annually. This includes organic production, but excludes bulb onions for dehydration. The U.S. onion industry accounts for 2.5 percent of the world onion acreage and over 7 percent of the world onion production.

20 STATES +



5. How do onions grow?

As an onion develops, nearly two-thirds of the bulb grows on top of the soil. This is unique when compared to root vegetables like beets or potatoes that grow completely underground. Onions have a 5-6 month growth cycle. Bulbing, or bulb development, is triggered by day length and latitude. The green tops naturally fall over when the onion is mature.



4. How do I store onions at home?



Keep whole bulb onions in a cool, dry, dark place, with plenty of air movement. Don't store them in plastic! Lack of ventilation will reduce their storage life. Refrigeration is only necessary when trying to extend the shelf life of sweet or mild onion varieties with high water content, but be sure to use a low humidity setting, or wrap them individually in newspaper or paper towels to keep them dry.

Whole peeled onions should be refrigerated after purchasing.

Cut onions can be stored in a sealed container for up to 7 days.

If you buy pre-cut onions, keep them refrigerated and use by the printed expiration date.

3. What are the common onion sizes?

Onions range in size from less than one-inch in diameter to more than 4.5-inches. The most common sizes sold in the United States are Medium and Large/Jumbo.

See below for sizing chart.



2. How do I select onions?

An onion bulb should be firm for its size and have little to no scent. Avoid bulbs with any cuts, bruises or blemishes. When purchasing whole peeled onions, select ones with an outside layer that does not show signs of being dehydrated.



ONION SIZING

ONION TYPE	SIZE	COLOR
Super Colossal	4-1/2" and Up	Yellow, Red & White
Colossal	3-3/4" and Up	Yellow, Red & White
Large/Jumbo	3" and Up	Yellow, Red & White
Medium	2" to 3-1/4"	Yellow, Red & White
Pre-Pack	1-3/4" to 3"	Yellow, Red & White
Small	1" to 2-1/4"	Yellow, Red & White
Boiler	1" to 1-7/8"	Yellow, Red & White
Creamer	Under 1"	Yellow, Red & White



1. In what ways can I use onions in cooking?

Onions have been cultivated as a food since at least 3000 B.C. and are the third largest fresh vegetable crop in the United States. Because of their many uses, onions are one of the most versatile vegetables, found in nearly every cuisine around the world. Prepare them any of the following ways:

Raw



Slice or dice to use in salsas, guacamole, salads, burgers, and sandwiches.

Marinated



Add flavor to mixed vegetable sides, bean, or pasta salads, dressed greens or grilled meat.

Pickled



Tangy topping for fish tacos, pulled pork sandwiches, or tossed into salads.

Sautéed



Season with spices or herbs to serve with other vegetables or mix into rice, grain, bean, or pasta sides.

Grilled



Brush on a sauce, top with herbs or cheese for an easy side or sandwich topping. Mix into BBQ beans, salsas, or relishes.

Stuffed



Fill with vegetables, pasta, rice, or protein and bake or roast. Or, use hollowed onions to hold a favorite dip.

Caramelized



Savory ingredient for soup, or the perfect steak, chop, sandwich, or pizza topping.

Roasted



Serve by themselves or with other vegetables alongside fish, poultry, or roasted meat.

Fried or Baked



Rings, petals, or blooms are a crunchy appetizer or topping for sandwiches, soups, and salads.

TOP 14 TIPS FOR USING ONIONS



Onions play an essential role in the kitchen. Get to know this amazing vegetable with these tips and tweets.

- 1** When it comes to cutting onions, use a good quality, sharp knife. This will make the act of cutting easier and reduce cell damage to the onion, thus reducing tears.



- 2** One medium onion (approximately 2-1/2 inches in diameter), equals about 1 cup chopped onion.



- 3** To reduce tearing, chill onions 30 minutes before cutting.



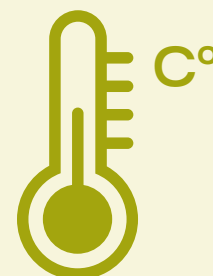
- 4** Purchase onions with dry outer skins, free of spots or blemishes. An onion should be heavy for its size with no scent.



- 5** The root end of an onion has the highest concentration of sulfur compounds. When an onion is cut, the sulfur comes in contact with enzymes. This starts a chain of chemical reactions creating a compound that causes your eyes to water.



- 6** At home, keep dry bulb onions in a cool, dry, well ventilated place. Moisture and lack of air movement will reduce their storage life and cause decay. Sunlight will cause sprouting.



7 Spring/Summer onions tend to have a higher water content compared to Fall/Winter varieties. Water content makes them more susceptible to bruising and reduces their shelf life. To extend their shelf life, wrap onions in paper towels or newspaper, then place in the refrigerator.



9 Whole peeled onions should be kept in the refrigerator.



11 Cut onions will keep 7-10 days in an air-tight container in the refrigerator. (Source: USDA)



13 To reduce the pungency, sharpness or after-taste of a raw onion: slice or dice onion according to how it will be used, place pieces into a bowl of ice water, cover and refrigerate for at least 1-1/2 hours - overnight is best. Rinse before using. If time is limited, place onions in a strainer or sieve. Run cold water over the onions for at least one minute.



8 When the recipe calls for an onion, but you wonder what color or type to use, check out this handy reference:

<https://www.onions-usa.org/all-about-onions/colors-flavor-availability-and-sizes-of-onions>



10 High heat can make onions taste bitter. Use medium or low heat when sautéing to avoid off-flavors.



12 Eat a sprig of parsley to rid your palette (and breath) of onions, naturally. Rinsing with equal parts of lemon juice and water or chewing on a citrus peel also works.



14 Rub your hands and cooking utensils with lemon juice to remove the smell of onion. For pots or pans made of aluminum, cast iron, or carbon-steel, rub with salt instead.



NOTEWORTHY ONIONS



“The kitchen, reasonably enough, was the scene of my first gastronomic adventure. I was on all fours. I crawled into the vegetable bin, settled on a giant onion and ate it, skin and all. It must have marked me for life, for I have never ceased to love the hearty flavor of raw onions.”

– James Beard, American author & cooking expert

“I will not move my army without onions!”

– General Ulysses S. Grant, 1864

“It’s hard to imagine civilization without onions.”

– Julia Child, American Chef & author

“Banish (the onion) from the kitchen and the pleasure flies with it. Its presence lends color and enchantment to the most modest dish; its absence reduces the rarest delicacy to hopeless insipidity, and dinner to despair.”

– Elizabeth Robbins Pennell, American columnist

“We remember the fish which we ate freely in Egypt, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our whole being is dried up; there is nothing at all except this manna before our eyes!”

– Numbers (11:5-6) NIV

“If you hear an onion ring, answer it.”

– Anonymous

“Onions can make even heirs and widows weep.”

– Benjamin Franklin, Statesman

“For this is every cook’s opinion, No savoury dish without an onion; But lest your kissing should be spoiled, Your onions should be thoroughly boiled.”

– Jonathon Swift, Irish satirist

“Why is it that the poet tells So little of the sense of smell? These are the odors I love well: The smell of coffee freshly ground; Or rich plum pudding, holly crowned; Or onions fried and deeply browned...”

– Christopher Morley, American poet



“Take care to chop the onion fine.”

– Laura Esquivel; *Like Water for Chocolate*

“The onion and its satin wrappings is among the most beautiful of vegetables and is the only one that represents the essence of things. It can be said to have a soul.”

– Charles Dudley Warner; *My Summer in a Garden*

“Onion skins very thin, Mild
winter coming in. Onion skins
very tough, Coming winter
very rough.”

– old English rhyme



“Life is like an onion; you peel off layer after layer
and then you find there is nothing in it.”

– James Gibbons Huneker, American musician/critic

“It’s probably illegal to make soups, stews and
casseroles without plenty of onions.”

– Maggie Waldron, American author & editor

“Mine eyes smell onions: I shall weep anon.”

– William Shakespeare; *All's Well that Ends Well*

“Life is like an onion.
You peel it off one layer at a time;
And sometimes you weep.”

– Carl Sandburg, American poet

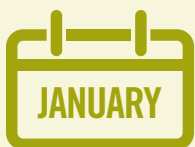


“The onion tribe is prophylactic and highly
invigorating, and even more necessary to cookery
than parsley itself.”

– George Ellwanger, British food writer



STORY IDEAS FOR THE VERSATILE ONION



JANUARY

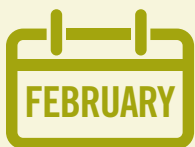
MIREPOIX FOR SOUP

For National Soup Month, discover the secret to flavorful homemade soups and sauces. Mirepoix (pronounced mir-pwah) is a mixture of diced vegetables - 50 percent onion, 25 percent celery, and 25 percent carrot. This basic culinary mixture enhances the overall depth of flavor to many dishes.



Recipe Inspiration: Zydeco Gumbo and Slow Cooker Market Stew

[https://www.onions-usa.org/categories/7-Soups Stews and Chili](https://www.onions-usa.org/categories/7-Soups%20Stews%20and%20Chili)



FEBRUARY

SUPER BOWL CREAMY ONION DIP

Be the most-valuable-party-guest at Super Bowl gatherings. Easy-to-make creamy dip served inside a hollowed onion is the perfect pairing with vegetables and a healthy alternative to dip and chips.



Recipe Inspiration: Creamy Onion Dip in Onion Bowl

[https://www.onions-usa.org/recipes/137-creamy onion dip](https://www.onions-usa.org/recipes/137-creamy-onion-dip)



MARCH

LEATHER STAIN REMOVER

Leather shoes and boots can take a beating by the end of winter from the slush and salt. Clean those ugly wavy white stains from your leathers by rubbing half of a cut onion on the stain.

SOURCE: Haley's Cleaning Hints



Recipe Inspiration: Bistro Potato Salad with Caramelized Onions

[https://www.onions-usa.org/recipes/126-Bistro Potato Salad with Caramelized Onions](https://www.onions-usa.org/recipes/126-Bistro-Potato-Salad-with-Caramelized-Onions)





SPRING CLEANING MADE EASY

Naturally clean windows with a homemade cleaner. Rough chop a medium onion and put into a bucket half-full of warm water. The solution will bring a shine to your windows.

SOURCE: Haley's Cleaning Hints

Give metal cutlery a new shine and remove rust by scrubbing with onion slices or a paste of crushed onion and water. Scrub burned or gunky pots with half an onion; let them soak in the onion juice, then wash as usual and the mess comes up more easily.

SOURCE: Houselogic.com



Recipe Inspiration: Frittata with Onion Tomato and Basil

https://www.onions-usa.org/recipes/240-Frittata_with_Onion_Tomato_and_Basil



SWEET + HEAT

Onion and pineapple make an especially tasty combination. Raw or slightly caramelized, try them together as a delicious new side dish, pizza topping, burger condiment, or brioche appetizer.



Recipe Inspiration: Pineapple Mint Onion Stacks

https://www.onions-usa.org/recipes/265-Pineapple_Mint_Onion_Stacks



ONION CRAFT

Try a retro folk art craft with kids. Dip sprouting onions in melted paraffin wax. When cool, let the kids make the onions into faces with items around the house like buttons, pipe cleaners, ribbon, yarn, and glitter. When complete, watch them sprout and grow. For an easier craft, eliminate the wax.

For more details: <http://www.motherearthnews.com/diy/folk-craft-onion-face-zmaz84ndzraw>



Recipe Inspiration: Onion Rings – June 22nd is National Onion Ring Day

https://www.onions-usa.org/categories/1-Appetizers_and_Snacks

<https://www.pinterest.com/NationalOnion/onion-ring-recipes/>





OUTDOOR AIDS

Don't let insect bites, stings, or sunburns ruin summer outdoor activities. Pack a cut onion to repel bugs and insects. If you forget and suffer an insect bite or sting (or sunburn), rub skin with a cut onion to soothe the pain.

SOURCE: Houselogic.com

Clean and season the grill with an onion. First, heat the grill then glide half an onion over the grates with a long handled fork to remove char and grease. Ready, set, grill!

SOURCE: Haley's Cleaning Hints



Recipe Inspiration: Sweet n Smoky Onion Snack Mix & Ten Tips for Perfectly Grilled Onions
<https://www.onions-usa.org/onionista/outdoors-with-onions-sweet-and-smoky-onion-snack-mix/>
<https://www.onions-usa.org/media/view/3/Ten-Tips-for-Perfectly-Grilled-Onions>



TOPICAL TREATMENT

During the Civil War, Ulysses S. Grant would not move his army without onions. Grant and his troops needed supplies, but not just for cooking. They used onions for their antiseptic properties to treat powder burns. <https://www.onions-usa.org/onionista/onions-to-move-an-army/>



Recipe Inspiration: Grilled Summer Vegetables
<https://www.onions-usa.org/onionista/2016/08/>



CARAMELIZED ONIONS

Cooking onions until they turn golden brown brings out the onions' natural sugars. Caramelizing is a wonderful way to add depth of flavor to sauces, soups, sandwiches, and more. For steps to successfully caramelize onions: [https://www.onions-usa.org/recipes/22-Caramelized Onions](https://www.onions-usa.org/recipes/22-Caramelized%20Onions)



Recipe Inspiration: Classic Onion Soup, French Onion Country Apple Soup
[https://www.onions-usa.org/categories/7-Soups Stews and Chili](https://www.onions-usa.org/categories/7-Soups%20Stews%20and%20Chili)

Curried Onion Apple Soup

<https://www.onions-usa.org/onionista/curried-onion-apple-soup/>





MUMMIES KNOW BEST

Onions and the afterlife are related to Egyptian mummies. Considered an object of worship, onions symbolized eternity to the Egyptians because of the onion's circle-within-a-circle anatomy. Read more at Onions Through the Ages.



Recipe Inspiration: Thai Salad Rolls with Spicy Peanut Dipping Sauce

[https://www.onions-usa.org/recipes/228-Thai Salad Rolls with Spicy Peanut Dipping Sauce](https://www.onions-usa.org/recipes/228-Thai%20Salad%20Rolls%20with%20Spicy%20Peanut%20Dipping%20Sauce)



HOLIDAY STAPLE

Onions are a kitchen staple, especially for holiday cooking. From appetizers and entrees to side dishes, onions incorporate layers of flavor. They even give leftovers a boost. Pile marinated or caramelized onions on turkey sandwiches or wraps. Or, take a whole onion, hollow it out, and fill with leftover casserole, vegetables, or stuffing and bake until tender.



Recipe Inspiration: Open Face Roast Turkey Sandwich with Balsamic Onions

[https://www.onions-usa.org/recipes/78-Open Face Roast Turkey Sandwich with Caramelized Balsamic Onions](https://www.onions-usa.org/recipes/78-Open%20Face%20Roast%20Turkey%20Sandwich%20with%20Caramelized%20Balsamic%20Onions)



WINTER COLD RELIEF

Let onions be your winter friends. Make a natural cough syrup by alternating layers of onion slices covered with raw honey. Add garlic and ginger, or herbs like sage, thyme, or oregano; steep 8-12 hours or overnight. Strain and use 2-4 teaspoons of the liquid as a cough syrup. This syrup should be stored in the refrigerator and used within 2 or 3 days.

NOTE: For children under the age of one year, omit honey and use simple syrup with equal parts water and sugar.



Recipe Inspiration: Cranberry Onion Tarts

<https://www.onions-usa.org/onionista/cranberry-onion-tarts/>

