
Selection

Green onions are cultivated when the onion plant is still young and immature. These immature onions are often called scallions or summer onions.

Choose green onions with fresh, crisp green tops. Avoid the green onions that show yellowing, wilted, or decayed tops.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Rinse green onions under cold running water right before eating.
- ◆ Do not wash produce before storing.
- ◆ Fresh vegetables are best stored in a clean refrigerator.
- ◆ Store vegetables in a separate drawer from fruit.

Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Buying local keeps farmers on the land and producing food for everyone.
- ◆ You are making a healthy choice for you and your family.



FOR MORE INFORMATION...

Contact your local Extension office:

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Green Onion
Cebollas verdes

Uses

There are many uses for green onions besides eating them raw. Green onions can be chopped and put into salads, or sautéed. They can also be fried, boiled, grilled, braised, roasted, boiled.



Champ (Green Onion Mashed Potatoes)

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ Good source of Vitamin C

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Try It!

Champ (Green Onion Mashed Potatoes)

INGREDIENTS

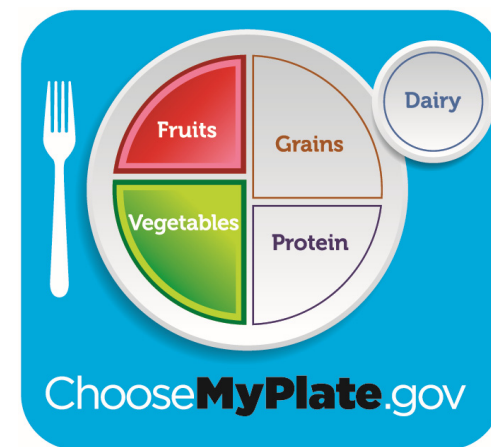
2 pounds	Russet potatoes, peeled and cut into 1-inch pieces
1/2 cup	Whipping cream
1/4 cup	Butter
1	Bunch of green onions, sliced

INSTRUCTIONS

1. Cook potatoes in pot of boiling salted water until very tender, about 15 minutes.
2. Meanwhile, bring cream and butter to simmer in heavy small saucepan over medium heat, stirring often.
3. Mix in green onions. Remove from heat. Cover and let steep while potatoes cook.
4. Drain potatoes thoroughly. Return potatoes to same pot and mash.
5. Add cream mixture and stir until blended.
6. Season to taste with salt and pepper. (Can be prepared 2 hours ahead.)
7. Cover; let stand at room temperature. Rewarm over low heat, stirring often.)

Yield: 8 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Bulbs from the onion family are thought to have been used as a food source for millennia. The ancient Egyptians worshipped it, believing its spherical shape and concentric rings symbolized eternal life. In ancient Greece, athletes ate large quantities because it was believed to lighten the balance of the blood.

The juice of onions has been used as a moth repellent and can be rubbed on the skin to prevent insect bites and when applied to the scalp it is said to promote growth of hair.