



Because Life Should Be Beautiful™

Onions

There are bound to be vegetables you like better than others but a cook would be lost without onions. There are many classic recipes specifically for onion dishes so they can be appreciated in their own right. Onion tarts or French onion soup, for instance, have a sublime flavor, and only onions are appropriate. But also, there is hardly a recipe where onions, or their cousins - garlic, leeks or shallots, are not used. Gently fried until soft, or fried more fiercely until golden brown, they add a unique, savory flavor to dishes.

Soil should be loose, rich, and well drained. Onions are shallow rooted and need moisture fairly near the surface. Feed plants regularly, especially early in the season. Carefully eliminate weeds. When most of the tops have begun to yellow and fall over, dig bulbs and let them cure and dry on the top of the ground for several days. Cover bulbs with tops to prevent sunburn. When tops and necks are completely dry, pull off the tops and brush dirt from bulbs, then store bulbs in dark, cool, airy place. Do not store them in the fridge as they may go soft. If you store chopped onion, make sure the container is sealed well.

As they keep well in a cool place, most people keep a handy stock of onions, usually a general purpose type that can be sautéed or browned. However, onions come in a variety of different colors and strengths, and for certain recipes particular onions are needed.

Onions contain a substance which is released when they are cut and causes the eyes to water, quite painfully sometimes. Cutting the onions under water or wearing goggles are two ways to prevent this.

Varieties: (throughout the season we will be carrying several different types)

Spanish Onions:

Onions raised in warm areas are mild in taste than onions from cooler regions, and Spanish onions are among the mildest cultivated onions. They are beautiful pale copper color and are noticeably larger than yellow onions. They have a delicate, sweet flavor which makes them ideal for serving raw in salads, thinly sliced, while their size makes them suitable for stuffing and baking whole.

Yellow onions:

These are the widely available onions you find everywhere and, though called yellow onions; they're the most pungent of all the onions and are a good, all-purpose variety. The smallest ones, referred to as baby, button or pickling onions, are excellent for pickling but can also be added whole to a casserole or sautéed in butter to make a