



# Harvest of the Summer

## Onions

### Nutrition Information

- Good source of Vitamin C and potassium
- Low in calories
- Onions belong to the “Other Vegetables” subgroup in the CACFP meal pattern.

### Selection and Storage

- Choose onions that feel firm and heavy with dry, papery skin. Avoid any with soft spots, mold, or green sprouts.
- Keep whole, unpeeled onions in a cool, dry spot with good airflow. Putting them in the fridge can make them go soft and spoil faster.
- Once cut, store onions in a sealed container in the fridge and use within 7–10 days.

### Fun Facts

- They come in many types, including yellow, white, red, sweet, and green onions. Each has its own unique flavor and use in cooking.
- Yellow onions are stronger, red onions are milder, and white onions are the crispest.
- Onions grow underground from a bulb and are part of the allium family, related to garlic, leeks, and chives.
- Washington ranks second nationally for onion acreage.
- It grows roughly 19,000 acres of onions each year.
- You can eat the entire onion plant!
- Green onions (scallions) are just immature onions harvested early, and every part is edible.



## Recipes\*

- [Pico de Gallo](#) – USDA
- [Great Garden Soup](#) – ICN Recipe Box
- [Bean Soup](#) – ICN Recipe Box
- [Beef Shepherd's Pie](#) – ICN Recipe Box
- [Jollof Rice](#) – National CACFP Association



\*As a reminder, the School Food Authority sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

## Educational Resources

- [Onion Basics](#) – OSU Food Hero
- [Apple Science: Comparing Apples and Onions](#) – NAITC (Grades 3–5)
- [Ode to an Onion](#) – NAITC (Grades K–5)
- [Preschool Onion Lesson](#) – SDSU Extension (Preschool)
- [Oregon "Peeling Back the Layers" Lesson](#) (Grades 3–5) – Oregon Harvest For Schools

## Sourcing

- Use the [Washington Food and Farm Finder](#) to locate onions and other seasonal produce from local growers. You can also explore the WSDA Finding Farms webpage for additional tools and resources.
- Can't find onions in your area to feature? Try substituting leeks, green onions, or garlic—these related crops are often harvested in similar seasons and offer similar flavor profiles.
- Contact OSPI at [farmtocnp@k12.wa.us](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto:farmtoschool@agr.wa.gov) for help connecting with local producers to feature Harvest of the Month foods.

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**