



# Harvest of the Summer

## Onions

### Nutrition Information

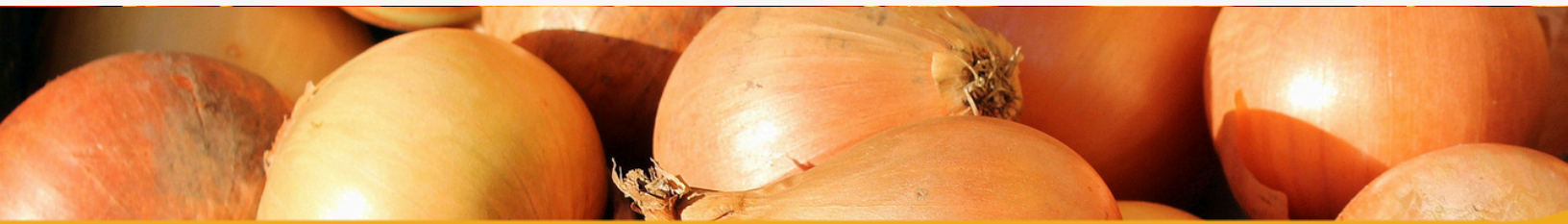
- Good source of vitamin C and potassium
- Low in calories
- Onions belong to the “Other Vegetables” subgroup in the CACFP meal pattern.

### 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, and 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\*

- [Minestrone Soup](#) - ICN Recipe Box
- [Creamy Coleslaw](#) – ICN Recipe Box
- [Chicken Stir Fry](#) – ICN Recipe Box
- [Harvest Stew](#) – ICN Recipe Box
- [Bean Burrito Bowl](#) – ICN Recipe Box
- [Yucca](#) – ICN Recipe Box



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

## Educational Resources

- [Onion Lesson Plan for Schools and Adults](#) - South Dakota State University Extension.
- [Onion Recipes, Newsletters, Coloring Pages, and Other Resources \(Spanish\)](#) - SNAP-Ed. Food Hero
- [Yellow Onion Handout USDA](#) - USDA Household Foods List
- [Red Onion Handout](#) - USDA Household Foods List
- [Washington Grown Food & Recipe Kit](#) – Onions – WSDA

## 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](#).**