

Green Onion Cebolla Verde



Try It! 



Selection

Choose onions with fresh, crisp, green tops. Avoid any that show signs of yellowing, wilting, or decay. Bruised tops will not affect the quality of the bulbs if the tops are removed. 1 bunch (about 5-8) green onions with tops = 1 cup sliced.

Uses

When harvesting, snip the upper part of the green top leaving 2-3 inches up from the root end. Chop the bulb and green portion of the onion. Fresh green onions are tasty in salads, sandwiches, or added to dips or sauces. They can be sautéed, fried, boiled, grilled, braised, roasted, or boiled. Frozen green onions are ideal for casseroles and soup broths.

SAUTEED ZUCCHINI COINS

Ingredients

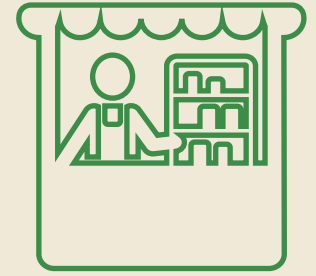
- 1 tablespoon olive oil
- 2 cups thinly sliced yellow zucchini
- 2 cups thinly sliced green zucchini
- 1 teaspoon dill weed
- 2 tablespoons fresh cilantro
- 2 scallions, chopped
- 2 tablespoons lemon juice

Instructions

1. In a large, nonstick frying pan, heat the oil over medium heat.
2. Add the zucchini slices and saute until their colors intensify, about 5 minutes.
3. Add the dill, cilantro and scallions and stir until evenly mixed.
4. Transfer to a serving bowl. Sprinkle with lemon juice and serve immediately.

History & Fun Facts

Green onions are cultivated when the onion plant is still young and immature. They are often called scallions or summer onions. The ancient Egyptians worshipped onions, 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 have been used to repel insects and is believed to promote hair growth when applied to the scalp.



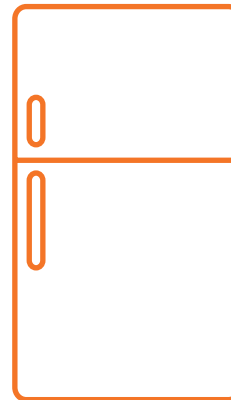
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Care and Storage
- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Store in the refrigerator. Use within 6-7 days of harvest. Before eating, rinse under cold running water. Do not wash produce before eating. They can be frozen without blanching (heat treatment). Freezing will intensify the flavor and may affect the texture.



NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol Free
- _____ Sodium Free
- _____ Good source of Fiber
- _____ Good source of Vitamin C



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FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://www.mayoclinic.org/healthy-lifestyle/recipes>; FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.