

Bulb Onions



SEASONALITY



NUTRITIONAL PROPERTIES

Bulb onions are a good source of potassium, vitamin C, and vitamin B6. Onions do have a bit more carbohydrates than most vegetables.

STORAGE

Bulb onions should be stored in the refrigerator in a loose plastic bag. They can last 1-2 weeks.

PRESERVATION

Bulb onions do not freeze well. However, the bulb and green can be separated and dehydrated in the oven or a dehydrator.

HOW TO PREPARE

1. Chop or slice the onion.
2. Heat a skillet to medium high heat with a tablespoon of oil.
3. Add onion to the hot pan, stirring occasionally.
6. Sauté for 10-15 minutes until tender.

Bulb onions are just early season harvested onions. Both the green part and bulb can be consumed and used in different ways. Bulb onions are an allium. They can be used in place of other alliums like shallots, green onions, or garlic.

RECIPES FROM HDFFA

with bulb onions

- Add bulb onions to Three Sisters Fritters
- Ratatouille
- Tabouli Salad

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