



Idaho **onions** are known for their golden color, globe shape, remarkably mild flavor and crisp texture. These attributes combine to make Idaho **onions** some of the most versatile, best tasting, and popular **onions** in the world. Warm summer days and cool nights, in addition to the lengthy growing season, allows Idaho to produce high-quality **onions**.

Idaho farmers plant yellow, red and white varieties of Spanish Sweet **Onions**. The yellow **onion** has a very mild flavor, while the white is a bit more zesty and is used in many Latin American dishes. The red **onion** adds color and zest to any salad or entrée.

In addition to their great taste, Idaho **onions** are good for you. One **onion** has almost as much vitamin C as an orange, and twice as much as an apple. Watching your weight but don't want to forego taste? Three-quarters of a cup of chopped **onions** contains only 34 calories and no fat.

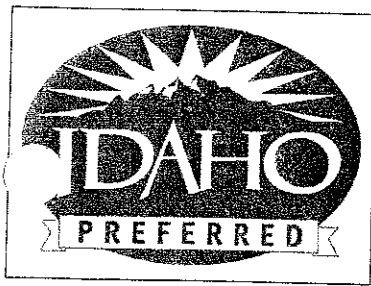
Growers in this region have been producing **onions** since the early 1900's and many of the growers come from third generation family farms. The growers and shippers of Idaho and Eastern Oregon **onions** market their **onions** across the U.S. and in Mexico.

Idaho **onions** are harvested from the beginning of August through October. However, Idaho farmers grow storage **onions**, which mean that they can be stored for long periods of time under proper conditions. This allows consumers to buy Idaho **onions** from fall harvest through April.



Whatever the dish, spice it up with a healthy Idaho **onion**. To ensure that you are buying a fresh, high-quality Idaho **onion**, look for the Idaho Preferred®





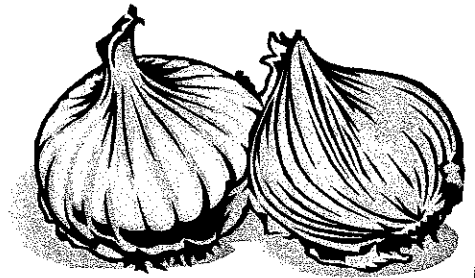
# ID Food of the Day

## Idaho's Healthy Harvest Celebration

Text Box for Schools

## Idaho Onions— Bold and Flavorful!

The same sunny climate, fresh water, and fertile soil that produces the world's best-known potatoes also produces some of the world's most popular onions! Over 35 percent of the onions produced in the United States come from the Snake River Valley of Southwestern Idaho and Eastern Oregon. These delicious onions are renowned for their distinctive mild flavor, crisp texture, and tight, smooth skins. Onions from this region undergo strict inspections to make sure that the size, shape, and quality comply with standards to be called Idaho-E. Oregon onions. This regulation process ensures that each onion coming out of our state is the freshest and tastiest possible.



The onions planted in Idaho are the red, yellow, and white varieties of the "Spanish Sweet" onion. Since Idaho produces so many of these great-tasting onions, our state is ranked number 4 in the nation for onion production, producing around 1,120,000,000 pounds of onions valued at over 69 million dollars!

Idaho onions are great for your health, too. One Idaho sweet onion has almost as much Vitamin C as an orange, and twice as much as an apple. And not only do onions not have any cholesterol or fat, they naturally contain compounds shown to reduce blood cholesterol levels. Onions also have high levels of quercetin, which helps slow the growth of cancer cells, as well as giving good doses of important nutrients such as fiber, potassium, folate, phosphorus, and Vitamin B6! And because the taste and odor of Idaho sweet onions are not overwhelming like some of their counterparts, their amazing health benefits are another wonderful reason to add these flavorful bulbs to your menu.

Idaho onions are harvested from August through October, and can be found in almost any supermarket or local grocery store in the state. For a delicious, elegant, yet simple recipe, try Sausage-Stuffed Onions, made with succulent Idaho onions filled with a tasty mix of spices, sausage and bread.

## Choosing and Storing Onions

When choosing onions to cook and store, look for onions that are firm and solid, with a crisp, papery skin, and a small neck. Avoid onions that are sprouting, or that have spots or blemishes. Make sure your Idaho onions have a fresh, sweet onion-y smell; these will be the freshest and most flavorful.

Onions store best in a mesh bag or basket, as plastic will reduce air circulation, and the life of the onion. In dry, dark, well-ventilated storage conditions, onions will keep well for up to several months. Onions that have already been cut can be kept for several days in a sealed plastic bag in the refrigerator while chopped or diced onions can be frozen for future preparation in cooked dishes.

One tip: if cutting onions makes your eyes water, try chilling them before cutting, and start your slicing and dicing at the root end of the bulb.

To learn more, visit the program website: [www.idahopreferred.org](http://www.idahopreferred.org) or Leah Clark with the Marketing Division of the ISDA at 208-332-8684, or the Idaho-East Oregon Onion Association at 208-722-7021.

### Sausage-Stuffed Onions

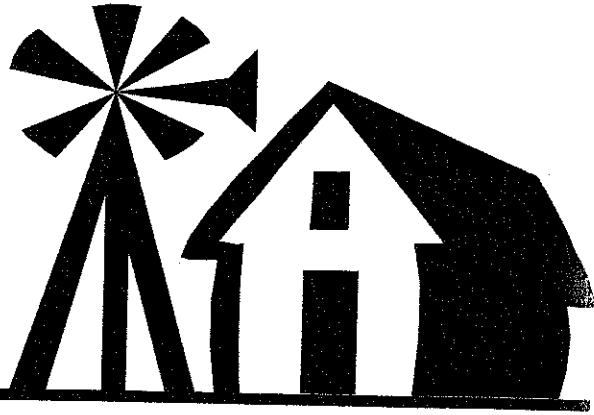
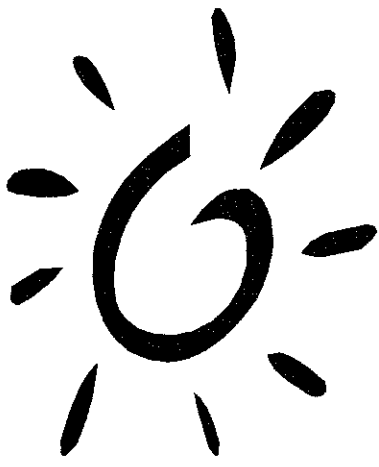
- 8 medium onions
- 1/4 cup butter
- 1/2 pound sausage or ground meat
- 1 1/4 cup soft bread crumbs
- 1/3 cup light cream
- 1/4 cup chopped parsley
- 1/4 teaspoon thyme
- 1 cup beef stock
- 1/2 cup dry white wine
- Salt and pepper to taste

Scoop out centers of onions, leaving 1/4" shell. Chop centers into equal 1 1/2 cups. Blanch shells for 5 minutes and let dry. Saute onions in butter until lightly colored. Add crumbled meat and cook. Soak bread in cream, then add to meat mixture. Simmer 5 minutes, and add thyme, parsley, salt and pepper. Fill shells with stuffing, and place in shallow, buttered dish. Pour stock and wine around them. Bring to boil, then bake in 350° oven for 45 min, basting often. Transfer onions to serving dish, reduce liquid by half, and pour over onions. Sprinkle with parsley and serve.

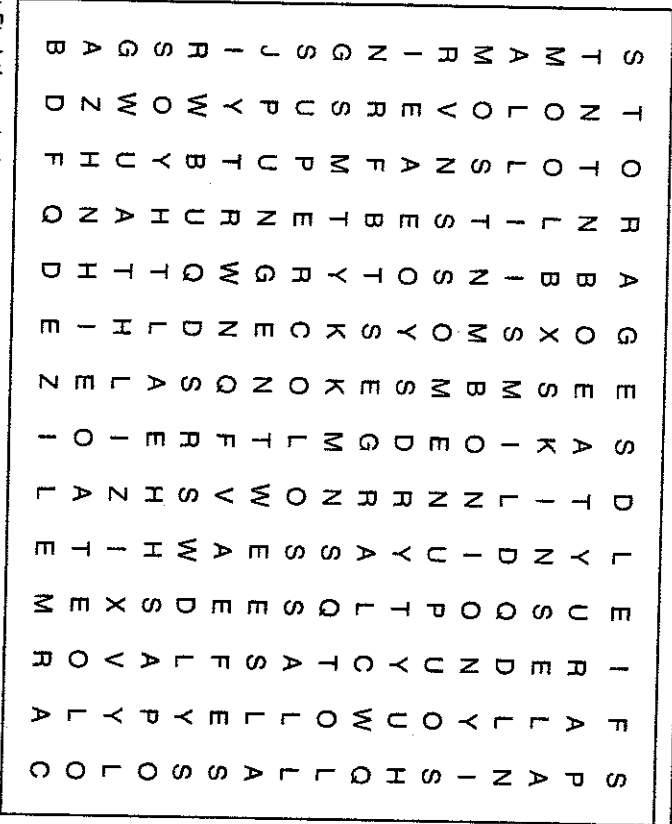
Makes 8 servings.



From Idaho's Fields to Idaho's Schools



# Idaho-E. Oregon Spanish Onions



\* Find the underlined words in the story and circle them in the puzzle.

- The onion is one of the oldest known vegetables.
- During the middle ages onions were worth so much they were used to pay rent and they were given as wedding gifts.
- Onions were eaten with the first Thanksgiving dinner.
- In 1936 President Franklin D. Roosevelt visited Idaho-E. Oregon to see the large onion crop.

## Onions! Onions! Onions!


Idaho-E. Oregon Spanish Onions are round shaped storage onions with dry skins and tight necks. IEO is the largest onion growing region in the U.S., producing 21,000 acres of yellow, red and white onions. The main sizes of onions grown in the IEO area include jumbo, colossal, and super colossal.

Harvest begins in early fall. The onions are cured in the fields and then placed in open slat bins. The onions are packed in fifty pound bags and kept dry with huge fans in the storage sheds.

These onions are great to eat, and are healthy for you. Their flavor ranges from mild to pungent depending on the onion seeds which are planted. They make delicious onion soup, great onions rings, and the awesome onion bloom. Ask mom to sweeten your next meal by adding caramelized onions to the menu. Idaho-E. Oregon onions are the best, that's why they are "The Onion Lover's Onion".

Visit our Web Site: [www.IEOonions.com](http://www.IEOonions.com)

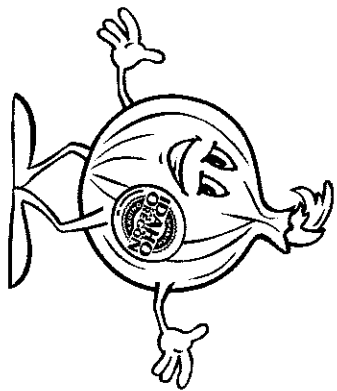
**Caramelized Idaho-E.Oregon Onion Slices**



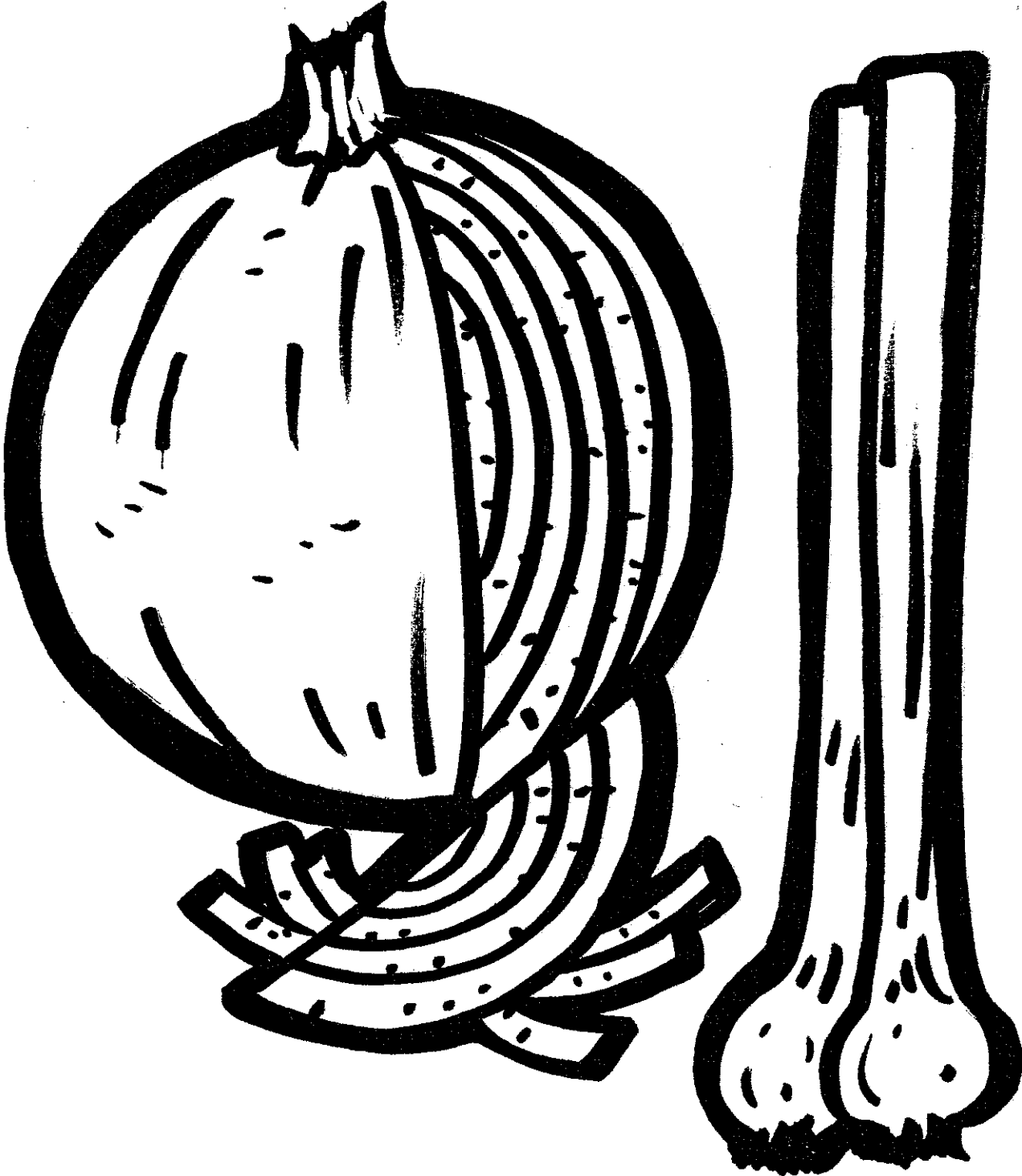
3 large IEO Onions  
 1/4 cup vegetable oil, margarine, or butter  
 3/4 cup granulated sugar  
 3 tablespoons packed brown sugar  
 2 teaspoons dried thyme, crushed  
 1/2 teaspoon salt  
 1/8 teaspoon pepper

Peel and cut onions into 3/4 inch slices. Microwave slices at HIGH (100%) five minutes. Heat oil in large skillet; add onions. Combine in bowl sugars, thyme, salt and pepper. Sprinkle 1 tablespoon sugar mixture over each slice; cook over medium-low heat about ten minutes on first side. Turn slices, sprinkle each with 1 tablespoon sugar mixture and cook ten minutes longer. Turn slices and cook 1 minute to caramelize sugar topping. Keep warm and repeat procedure for remaining onion slices. Makes 4 servings.

Per Serving: 433 calories, 4 g protein, 14.3 g fat, 76.9 carbohydrates, 0 mg cholesterol, 5.6 g fiber, and 281 mg sodium.



onion



# Oscar Onion

