
Selection

When choosing onions be sure to select onions that are clean, well shaped, and have no opening at the neck.

The onions should have crisp and dry outer skins. Avoid onions that appear to be sprouting or have signs of mold.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Refrigerate vegetables in perforated plastic bags.
- ◆ Onions should be stored in a well ventilated place at room temperature. Do not refrigerate onions before using.
- ◆ Store onions away from potatoes.
- ◆ Sweeter tasting onions will not keep as long as pungent tasting onions.

Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Buying local lets you see and meet the people who produce our food.
- ◆ Local foods taste good!



FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
(715)485-8600
<http://polk.uwex.edu>

Originally developed by: Jennifer Blazek,
UW Extension Polk County, Balsam Lake, WI;
<http://polk.uwex.edu> (June, 2014)



Onion
Cebolla

Uses

Onions are very versatile; they can be used in many dishes.

Onions can be cooked with meat or added to salads and casseroles. Use them in breads and add them to soups too.



Onion Lovers Twist Bread

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of Fiber
- ◆ Good source of Vitamin C
- ◆ Good source of Iron

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements

Primary Sources: WH Foods: Photos found on Google images

Try It!

Onion Lover's Twist

INGREDIENTS

1 Pack	Dry yeast
1/4 cup	Warm water
4 cups	Flour
1/4 cup	Sugar
1 1/2 tsp.	Salt
1/2 cup	Hot water
1/2 cup	Milk
1/4 cup	Butter or margarine, softened
1	Large egg

Filling

1/4 cup	Butter or margarine
1 cup	Onion, finely chopped (or 1/4 cup instant minced onion)
1 Tbsp.	Grated parmesan cheese
1 Tbsp.	Sesame or poppy seed
1/4 tsp.	Garlic powder
3/4 tsp.	Salt
1 tsp.	Paprika

INSTRUCTIONS

1. Grease cookie sheet.
2. In large bowl dissolve yeast in warm water. Add 2 cups flour, sugar, salt, water, milk, butter and egg. With electric mixer, blend at low speed until moistened.
3. Beat 2 minutes at medium speed. By hand, stir in remaining flour to form a soft dough.

4. Cover and let rise in a warm place until light and doubled in size about 45-60 minutes.

INSTRUCTIONS FOR FILLING

1. Melt butter in saucepan and add remaining ingredients.
2. When dough has doubled in size stir down and place on a floured board. Knead until no longer sticky.
3. Roll out to an 18x12 inch rectangle. Spread with filling, then cut lengthwise into 3, 18x4" strips. Seal edges and ends.
4. On the prepared cookie sheet braid the 3 rolls together.
5. Cover and allow to rise until doubled, about 45-60 minutes.
6. Bake at 350 degrees F for 30-35 minutes, or until golden brown.

Yield: 6 servings

Recipe Source: www.recipesource.com

History & Fun Facts

Onions are native to Asia and the Middle East and have been cultivated for over 5,000 years.

Onions were highly regarded by the Egyptians. Onions were used as currency to pay the workers who built the pyramids. They also placed them in the tombs of kings, such as Tutankhamen, so that they could carry these gifts bestowed with spiritual significance with them to the afterlife.