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Green Onions

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USU STUDENT ORGANIC FARM Newsletter

June 6, 2011 Vol. 2 Issue 4

Our beautiful farm ☺

Conquering the Bounty

Think you've got such a pile-up of green onions that you'll never be able to use them all? Green onions can be used in tons of different ways. Here are a few simple ideas to help you get started.

- ✓ Stir-fry green onions in olive oil with other in-season vegetables and serve over steamed rice for a simple meal.
- ✓ Include green onions in your favorite soup. Add during the last 5 minutes of cooking time.
- ✓ Include green onions in omelets and scrambled eggs for a breakfast option.
- ✓ Add chopped green onions to your hamburgers and tacos or your favorite whole wheat pita.
- ✓ Garnish dishes with green onion slices for added flavor and color.
- ✓ For a simple party dip, combine chopped green onions, cream cheese, and milk to desired consistency. Season with salt to taste.
- ✓ Try sautéing green onions with your favorite vegetable in olive oil for a quick and simple side dish.
- ✓ Grill your green onions for a delicious change. **See the "Fabulous Flavors" section on page 2.**

Article by: Elisabeth Inman

Featured Vegetable: Green Onions

Green onions, also known as scallions, have a small root bulb with hollow green leaves. They are harvested for their taste, which is milder than most other onions, and are softer in texture, because they are usually fresher. Because of their mild taste, green onions can be a hidden ingredient in many dishes. They will take on the flavor of any dish and can add a subtle zing or be the star of the show by bringing both flavor and color to a dish. Their small size makes them useful as a garnish. They are often used to garnish salads, soups, dips, and other dishes.

Many people are under the impression that only the white bulb part of the green onions can be used. Not true. Make sure to use the green stem as well. Green onions have many vitamins in them, many of which are contained in the green stem portion.

Nutrition: Although green onions are most often used as a garnish or flavoring purposes, they do have nutritional benefits. Green onions are high in Vitamin C. They are also a source of Vitamin A and fiber. Adding them to your dishes can not only create great new flavors, but add a little extra nutrition to your plate as well. ☺

Storage: Green onions are highly perishable. They will last up to a week in the fridge, but be sure to keep them away from foods that absorb odors such as apples and milk or you'll have some unusual tastes in your food.

Substituting: Green onions can be easily substituted with the same amount of shallots, leek, or onion in any recipe. Just don't forget that green onions have a milder taste than most other onions. If you're not sure about adding a stronger flavor to your dish, then reduce the amount of chosen substitute that you add.

Fun Fact about Green Onions:

- Green onions are the oldest and most used ingredient in Chinese cooking.

Article bv: Elisabeth Inman

Creamy Green Onion Sauce

This easy recipe is a great way to have your green onions. A perfectly simple sauce that is delicious over mashed potatoes, steamed vegetables, pasta, or biscuits.

8-10 green onions, sliced
¼ cup butter
3 Tbsp. flour
1 cup broth
1/8 tsp. pepper
½ tsp. Worcestershire sauce
½ cup half and half or cream

Sauté sliced green onions for about 3 minutes or until crisp-tender. Sprinkle flour over green onions and stir until well-blended. Add broth. Continue cooking, stirring constantly until sauce thickens and begins to bubble. Stir in pepper, Worcestershire sauce, and cream. Heat until hot, but not boiling. Taste and add additional seasonings if desired.

Adapted from recipe by Diana Rattray

ANNOUNCEMENTS

Every Saturday we will be selling extra transplant starts (and extra produce when we start producing more) from 11:30am-1:30pm so tell your neighbors and hopefully we'll see you there.

Volunteer hours:
Tuesday, Thursday, Friday: 7am-1pm
Wednesday, Saturday: 10am-1pm

*Come out and volunteer! Even for just one hour, we would love your help. Plus, it's very fulfilling work, you may find.

*If you haven't received a newsletter one week and would like one, let us know and we can get you a hardcopy. We've had one each on lettuce, kale, and spinach.

Organic Techniques: Know Your Labels

By: Lora Fitch

"You are what you eat", it is said everywhere. You hear it from people, movies, and in random slogans so let's go over a short lesson from Label Reading 101 so you really do know what you are eating.

When approached with a label that says "100% Organic," it is simply made with all organic ingredients. If a tag says "Organic," it was made with 95-100% organic ingredients. A product must have at least 70% organic ingredients to be labeled as "Made With Organic Ingredients."

The label "Natural" or "All Natural" means… well, anything it wants. "Natural" is not a designated label and can be used to mean pretty much anything. There are other designations and rules that can be accessed online through the web. A straightforward website I've found helpful is http://www.dummies.com/how-to/content/food-label-terms-and-what-they-really-mean.html. It goes through all the food label terms and what they mean, which is very interesting in some instances. For example, "fat-free" actually means there is less than ½ gram of fat in a serving, not that there is absolutely no fat in the product. So if the serving is small, you may be eating a lot more fat than you thought you were.

For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

On the Farm News

Finally some sunshine! I can't even express how excited we are on the farm to see so much sun this week. The plants are growing fantastically. We got SO many plants in the ground this week: cucumbers, summer squash (magna, crookneck, and green zucchini are the varieties), watermelon, and peppers just to name a few. We also got our pumpkins planted for our annual Pumpkin Day in October. We'll keep you posted about that when it get closer to the event.

Peas, cabbage, kohlrabi, and broccoli all look really healthy. The kohlrabi actually looked dead 3-4 weeks ago, but they bounced back! It's quite amazing, actually! Carrots, beets, and radishes are growing great in the field. They are germinating so well we have to thin them frequently to give them enough space to grow!

The herb garden is now finished! Take a look at it next time you pick up your share. It's quite a pretty design, thanks to Keenen and Amanda. ☺

Veggies to expect next week: lettuce, green onions, kale, arugula, and herbs. Of course, this is subject to change.

Fabulous Flavors: Tips & Techniques

Groovy Garden Grilling: Now that the sun is finally starting to come out, it's time to take those grills out of the garage and bring on the wonderful world of cooking in the sunshine. Although grilling is often thought to be reserved for summer hamburgers, hot dogs, and other meats, vegetables are wonderful grilled as well. Grilling vegetables concentrates and intensifies their sweetness and flavor. You will love the unique flavors that grilling will add to your meals.

All vegetables can be grilled, although the length of cooking time will vary depending on the type. Vegetables should be grilled over medium heat. When done, they will be tender when pierced with a fork. Most vegetables do not take a long time, so be sure to watch closely to prevent them from being overdone.

Grilled Green Onions

Trim root end of onions and trim tops leaving most of the green stem. Coat thoroughly with oil and sprinkle with desired seasonings.

Cook for 4-5 minutes over direct medium heat, turning frequently. Cook until lightly charred on all sides.

- ✓ Cut vegetables into uniform pieces so they will cook evenly
- ✓ Experiment by sprinkling different herbs and spices over vegetables while grilling
- ✓ Remember to wash vegetables and dry completely before coating in oil or the oil will not stick
- ✓ Keep vegetables from drying out by soaking them in cold water before grilling

Article by: Elisabeth Inman