USU Student Organic Farm

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Newsletter

The hoop house on a beautiful sunny day

Conquering the Bounty

To me, green onions equal a lovely, mild onion flavor. A green onion's flavor plays into a dish unassumingly, tooting a note here and there, usually wrapping things up nicely to make the entire dish sing. Other raw onions, however, scream ONION the entire time, making it hard to hear anything else. If that's what you're looking for, then by all means, use the other onion. If, however, you're looking for something a little quieter, try the green onion. Here are a few of my favorite uses for these prolific green shoots:

- Adds a depth of flavor to almost any Asian dish – soups, salads, pasta dishes, etc.
- Grilled briefly, squirted with lime juice, and dipped in ginger dressing
- Minced and added to mashed potatoes served with sour cream
- Added to my favorite biscuits with a little grated cheddar cheese as well

Honestly, the possibilities are endless. Try them out, and if you don't like them, they are fairly easy to pick out :)

Article by: Jillian Cartwright

Veggie Feature: Green Onions

As I have been volunteering on the farm for the past couple of weeks on harvest days, I started noticing that all the CSA baskets were receiving quite a hefty amount of green onions every week. Like a lot A LOT of green onions every week. Don't get me wrong, I love green onions just as much as the next girl who really loves to cook, but I kept wondering what I would do if I were getting these onions every week. And so Amanda Spackman (my co-editor if you will) and I decided to feature them this week. And now that this is written and finished, I can say that I know exactly what I would do with my green onions. So here it goes.... Enjoy!

Green onions originated in Asia where, in the traditional Eastern culture, they have been thought to carry certain medicinal properties. Eating green onions, especially the white bulb part, has been used to treat the common cold, fight bacterial and fungal infections, and to cause or increase perspiration for centuries....all of which sound delightful. What once started as a remedy has now become a flavor staple in Asian cuisine, and green onions can now be found in almost any Asian dish. Whether they be added to a stir-fry, simmered in a soup, or used as a garnish right before serving, green onions pack in flavor. They have a funny way of making things taste more Asian-y, which in addition to sesame oil (check out Fabulous Flavors!), is very good news for your favorite chow mien recipe.

Article by: Jillian Cartwright

Asian Slaw with Green Onions

1 small head of Napa cabbage, cut into thin ribbons
4 green onions, sliced thinly
1 green pepper, chopped
¼ c cilantro, minced
¼ c roasted salted peanuts
2 T canola oil
1 ½ t sesame oil (check out the Fabulous Flavors section)
1 ½ T vinegar
1 T sugar
Pinch of red pepper flakes
Pinch of grated ginger

Combine vegetables and peanuts in a medium bowl. Combine the remainder of the ingredients in a small bowl and whisk together well. Toss the vegetables with the dressing. Serve immediately. Keeps in the fridge for 1 to 2 days.

On the Farm News

Article by: Amanda Hawks

We hope you enjoyed last week's omelet recipe and the fresh eggs from Alanna's chickens and ducks! The weather seems to finally be leveling off (though we fear for some pretty cold nights this week) and the vegetables are really seeming to take off. This week and last week sees us planting melons, cucumbers, and summer squash in the fields. Coming soon: our strawberry patch is on its way! Pretty soon they'll be ready for picking!

Fabulous Flavors: Sesame Oil

Article by: Amanda Spackman

Sesame oil will quickly become one of your favorite pantry items after you give it a try. Never heard of it? Sesame oil is derived from sesame seeds, and is a very aromatic and flavorful oil. Seriously, just open a bottle and take a whiff. If you're like me, you'll want to drink the whole bottle because it smells so good. (Disclaimer: restrain yourself, it's probably not the best idea).

Sesame oil will, however, be a great addition to any number of dishes in your repertoire. Because of its strong scent, using just a little bit in cooking will make your kitchen smell like a Chinese paradise (sesame oil is commonly used in Asian cuisine). Add a little bit to stir-frys, steamed vegetables, salad dressings, and Asian dipping sauces. The toasted variety works best for sauces and dressings, if you are using sesame oil to fry, use a refined variety. Sesame oil can usually be found in the oriental foods section of the grocery store.

For a great experience with sesame oil, also including our veggie feature green onions, try this savory meatless stir-fry. Not a tofu lover? No problem, substitute grilled chicken in its place.

Stir Fried Tofu

Recipe adapted from epicurious.com

3 T soy sauce
1 T vinegar
1T honey
1 t sesame oil
¼ t crushed red pepper flakes
1 12-oz package tofu, drained, cut into ¾" cubes, patted dry
¼ c water
1 t cornstarch
2 T oil, divided
6 oz fresh mushrooms, quartered
8 oz sugar snap peas
4 cloves garlic, minced
1 T fresh ginger, minced
4 green onions, sliced on diagonal

Whisk first 5 ingredients in medium bowl to blend. Add tofu and stir to coat; let marinate 30 minutes. Drain, reserving marinade in small bowl. Whisk water and cornstarch into marinade.

Heat 1 tablespoon vegetable oil in large nonstick skillet over medium-high heat. Add tofu and sauté until golden, about 2 minutes. Using slotted spoon, transfer tofu to plate. Add remaining 1 tablespoon vegetable oil to skillet. Add mushrooms and stir-fry until tender, about 3 minutes. Add sugar snap peas; stir-fry 2 minutes. Add garlic and ginger; stir-fry 30 seconds. Return tofu to skillet; drizzle reserved marinade mixture over. Stir-fry until marinade thickens slightly, about 30 seconds. Season to taste with salt and pepper. Transfer to bowl. Sprinkle with green onions and serve.

Sustainable Techniques: Re-grow Green Onions

Article by: Amanda Spackman

Green onions are a great garnish for many dishes from eggs, to stir-frys, to baked potatoes – the list goes on and on. This technique will help you to keep a fresh, rejuvenating supply in your kitchen all the time.

You can re-grow green onions in your very own home, right in a sunny windowsill. Instead of tossing your green onion bulbs, save them and place them root-side down in a mason jar. Fill the jar with water until the roots are completely covered. Put in a sunny place, and within a week or two, you will have re-grown green onion tips. This is a great tip to not only be less wasteful but also have a delicious supply of green onions all the time!