

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

Local Season-
March thru
October



GREEN ONIONS

Green Onions belong to the onion family and have several names. They are also referred to as spring onions, scallions, and bunching onions. Both the white bulb and the green tops are edible.

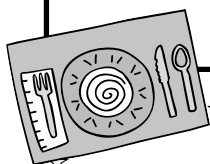
Nutrition Benefits

Green onions are:

- ◆ Low calories
- ◆ Fat and cholesterol-free
- ◆ Very low in sodium
- ◆ Good source of vitamin A

Serving Tips

- ◆ Sprinkle on salads.
- ◆ Use as a topper for baked potatoes.
- ◆ Add to sautéed vegetables.
- ◆ Garnish soups.
- ◆ Eat as an appetizer.



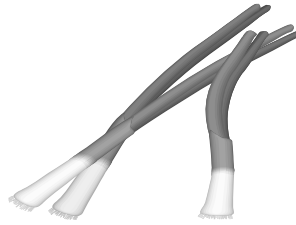
Tips for Keeping Children Hydrated

- Make good tasting, cool water easily accessible, such as a pitcher or bottled water in your refrigerator.
- Encourage water instead of sugary soft drinks and juice drinks.
- Remind your child to take frequent breaks during activities and have a cool drink of water.
- Put a frozen bottle of water in your child's backpack; it will be cool when he's ready to drink it.
- Encourage your child to drink plenty of water before and during sports activities.
- Remember, while sports drinks are often promoted to children, they are only necessary for vigorous sports activities lasting an hour or longer.

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Locally Grown Varieties

White Lisbon, Crystal Wax, Eclipse, Spanish, White Sweet Spanish, Southport, White Globe, and White Portugal

Shopping Tips

- ✓ Green onions should have bright green tops and firm white bottoms.
- ✓ The root hairs should be firmly attached.
- ✓ Avoid onions with wilted or yellow tops.
- ✓ Look for fresh, firm stems.



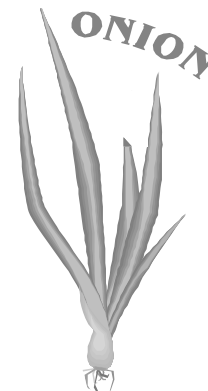
Handling and Storage

- ◆ Store green onions away from odor-sensitive foods, such as mushrooms or corn. They will absorb the odor of the onions.
- ◆ Remove any rubber bands and any damaged leaves before storing.
- ◆ Store in plastic bags in the crisper section of the refrigerator.
- ◆ They will last up to 1 week in the refrigerator.

Preparation

Wash just before using. Cut off the root and tips of the stems, if damaged.

- ◆ **Fresh:** Cut the tops finely and substitute the green part for chives or shallots. Use raw in salads or eat out of hand.
- ◆ **Cooking:** Their mild taste makes them ideal stirred into a sauce to be poured over poultry, meat, pasta, or other vegetables. Do not overcook.
- ◆ **Grilling:** Use the stem end as a “brush to apply marinade to food. It will give the food a hint of extra flavor.
- ◆ **Freezing:** Young green onions can be frozen without blanching, but they will not be crisp. They will be highly flavored, but may be slightly tougher.



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ROCK N ROLL WRAPS

(4 SERVINGS)

INGREDIENTS:

- 3 ounces fat-free or light cream cheese
- 4 tablespoons salsa
- 2 tablespoons green onion, sliced
- 3 teaspoons Dijon mustard
- 4 8-inch non-fat or low-fat flour tortillas
- 1 1/3 cups of lettuce, shredded
- 6 ounces roasted turkey or chicken breast (skin removed), thinly sliced
- 1/4 cup of non-fat or reduced-fat Cheddar cheese, shredded
- 4 strips red bell pepper, about 1/4 inch wide



DIRECTIONS:

1. In a small bowl, combine cream cheese, salsa, green onion and mustard and stir.
2. To assemble, spread 2 tablespoons of mixture over each tortilla. Layer 1/3 cup lettuce, one-fourth of the turkey, 1 tablespoon Cheddar and 1 red pepper strip over cream cheese mixture. Roll tortilla.
3. Wrap tightly in plastic wrap and refrigerate for several hours or until serving time. Cut each tortilla roll into fourths.

GREEN ONION DROP BISCUITS

(16 SERVINGS)

INGREDIENTS:

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 3 tablespoons vegetable shortening
- 1/4 cup finely chopped green onions
- 1 cup low-fat buttermilk
- Cooking spray

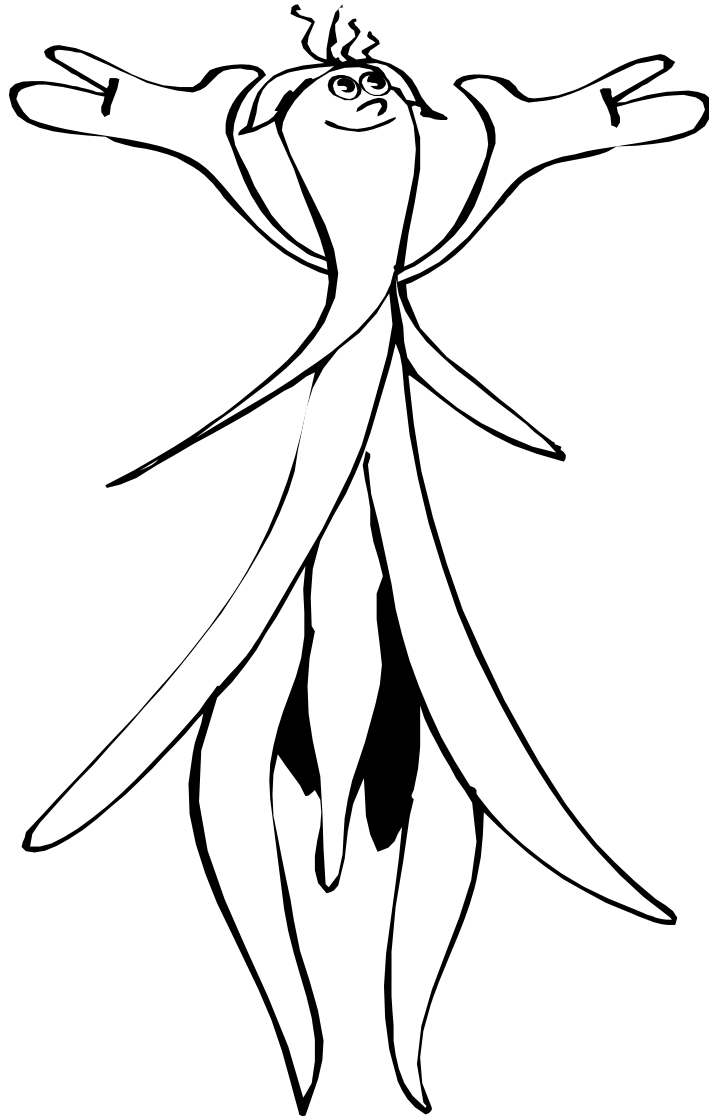
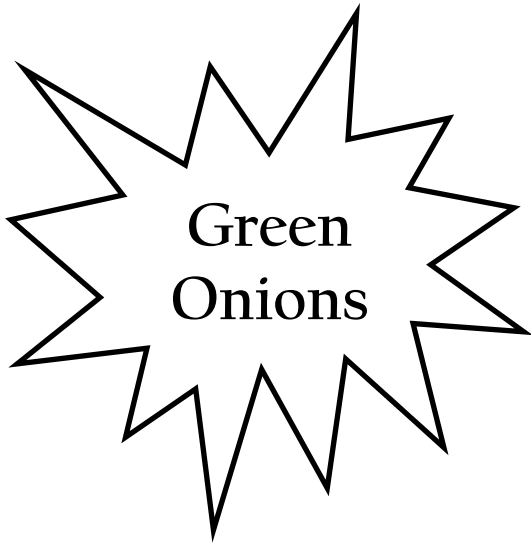


DIRECTIONS:

1. Preheat oven to 400°F.
2. Combine first 4 ingredients in a large bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in green onions. Add buttermilk, stirring just until flour mixture is moist.
3. Drop batter by heaping tablespoons onto a baking sheet coated with cooking spray. Bake at 400°F for 15 minutes or until lightly browned.

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Coloring Activity Page for Kids



Nutrition BEST and Let's Eat Healthy! Programs
University of California Cooperative Extension - Placer/Nevada Counties
11477 E Avenue, Auburn, CA 95603
Phone: (530) 889-7350 Fax: (530) 889-7397
Website: <http://ceplacervevada.ucdavis.edu>



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