



# ONION

**SPRING**

**SUMMER**



# GROW

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In Arkansas, onions are best grown from transplants. Plant bulb-forming transplants 1 to 1 1/2 inches (in.) deep and 4 to 5 in. apart in sunny, well-drained soil. Plant green onion transplants 2 in. apart and thin every other plant. Allow 12 to 15 in. between rows. Harvest green onions once tops are 6 in. tall. Harvest onion bulbs after the tops have begun to fall over.



# PREP

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Remove skin from onion bulbs and chop into desired-sized pieces. Sauté, fry, grill, stir-fry, or use raw onion as an ingredient. Rinse green onions and remove any wilted pieces. Trim the bottom 1/4 in. above the roots and 2 in. off the tops, and then cut into desired-sized pieces. Prepare green onions raw as an ingredient or garnish.

# EAT

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Onions are versatile and flavorful vegetables! Enjoy onions in omelets and other egg-based breakfast foods. Put onions on top of tacos, burgers, and sandwiches. Dip tortilla chips into homemade pico de gallo or guacamole with onion! Onions are delicious in fried rice and stir-fry. Sprinkle green onions as a garnish on deviled eggs, soups, and stews!



# LEARN

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Onions are likely native to Southern Asia or the Mediterranean region. Onions are a **vegetable** and can be yellow, white, or purple. Onions provide fiber, vitamin C, and other beneficial nutrients. Ancient Egyptians buried onions with leaders because they believed onions symbolized eternity.