

Onion Varieties



Canning Onions

Canning vegetables must be done with care. All foods harbor microorganisms; these decrease food quality and may form toxins or poisons under certain conditions. To preserve food for long-term storage, conditions must be made unfavorable for the growth of microorganisms.

Food acidity determines which canning method is needed. A pressure canner is needed for canning vegetables. Pressure canners attain a temperature of 240 - 250° F in order to destroy harmful effects of bacteria.

For further information on proper canning practices and processing times for vegetables refer to the National Center for Home Food Preservation at: www.uga.edu/nchfp



For more information contact your local University of Idaho Extension Office or visit www.uidaho.edu/extension or www.uidaho.edu/extension/twinfalls

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Onions

Onions are available in the grocery store all year long. Ranging in sizes from less than one-inch in diameter to over 4.5 inches in diameter.



Onions are high in vitamin C, a good source of fiber and with only 45 calories per serving, they add abundant flavor to many foods. Onions are sodium, fat and cholesterol free, and provide a number of other key nutrients, such as phosphorous, and potassium.

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Let's Eat Onions!

Grilled Onion Salsa

Ingredients

2 large onions, sliced
 2 large tomatoes, chopped
 1/4 cup seeded jalapeno peppers, chopped
 1/4 cup fresh cilantro, chopped
 1 teaspoon cumin seeds
 fresh squeezed lime juice
 Salt if desired

Directions

1. Slice onions 1/4 inch thick.
 Brush the onions with oil.
 Grill under broiler or in a stove top pan until lightly browned about 5 minutes on each side.
 Onions can also be placed on foil and grilled in your outdoor barbeque. Approximate time on grill would be 30 minutes, turning once during cooking time.
2. Coarsely chop the grilled rings and mix with the chopped tomatoes, jalapeno peppers, cilantro and cumin seeds.
 Season with salt.

Resource: *The National Onion Association*.
 For more recipes visit:
<http://onions-usa.org/recipes>

Storing Onions

Whole dry bulb onions should be kept in a cool, dry, dark place with plenty of air movement. Do not store onions in plastic! Lack of ventilation will reduce their storage life. Refrigeration is only necessary when trying to extend the shelf life of sweet or mild onion varieties with high water content, but be sure to use a low humidity setting, they must be kept dry.

1. Whole peeled onions should be refrigerated after purchase.
2. Cut onions can be stored in a sealed container for up to 7 days.
3. If you buy pre-cut onions, always keep refrigerated and use before the expiration date.

Drying is the oldest method of preserving food. You can dry in an oven at 130° F to 150° F, in a food dehydrator, or in the sun with netting. The netting protects the food against bugs.



Onions	Remove outer, discolored layers. Slice 1/4 inch thick or chop.	No pre-treatment needed	Brittle, light colored: feels like paper, 3-9 hours
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Freezing is one of the easiest and most convenient methods of preserving foods for later use. Blanching is the process of immersing food in boiling water for a short period, then cooling rapidly in an ice bath to stop cooking. Can also be frozen unblanched. Blanching times are listed in the chart.

Vegetable	Preparation	Freeze
Onion	Peel, wash and chop	Blanch 1-1/2 minutes, cool pack and freeze, may also be frozen unblanched

How to select Onions

Dry bulbs should be firm for their size and have little to no scent. Avoid bulbs with any cuts, bruises or blemishes. When purchasing whole peeled onions, select ones with an outside layer that does not show signs of being dehydrated. Fresh-cut onions should be purchased before expiration date.



Good Onion



Bad Onions