

## NUTRIENTS FOUND IN ONIONS

- Onions contain quercetin, an antioxidant that may help to prevent heart disease and cancer.
  - Onions are a good source of immune-supportive vitamin C.
  - Onions are a good source of fiber and manganese, which aid bone growth.
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## HEALTHY, FIT & READY TO LEARN

- Make sure your child eats a healthy breakfast so he/she has enough energy to listen and learn throughout the school day. Include fruits or vegetables, proteins, and whole grains to make a well-balanced meal.



## GROWN IN OREGON

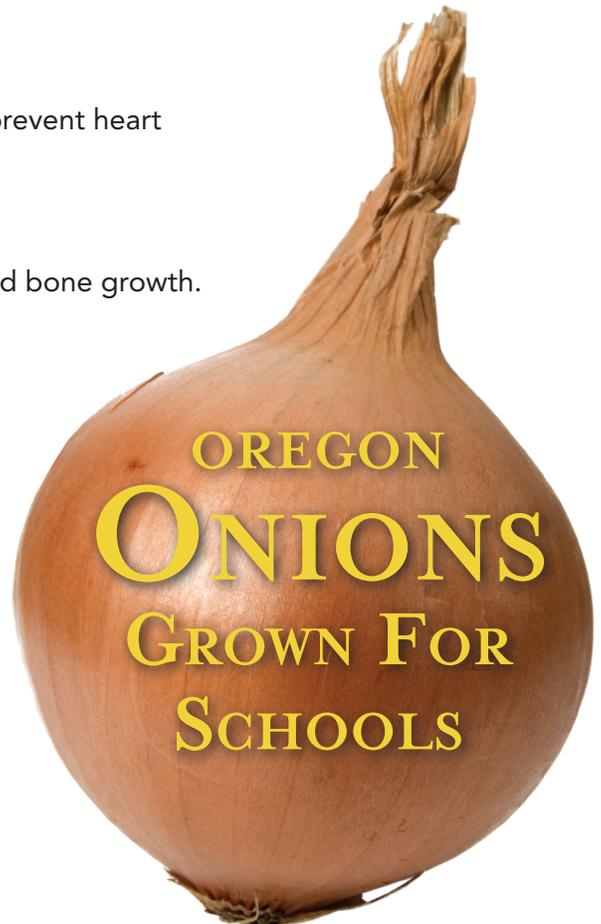
In the mid-1800's, Italian farmers settled in Sherwood, Oregon bringing with them their onion crop, eventually making Sherwood the largest onion shipper on the west coast. Although Sherwood currently produces only a small amount of onions, they hold an annual Great Onion Festival to keep the tradition alive.

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## LIVING AND EATING GREEN

Use onion scraps and other food waste (excluding meat and dairy) to make your own compost. Save green materials (grass, food scraps) and brown materials (leaves) in a bin. Turn it over regularly and allow the material to break down for five to six months. Compost can be used instead of chemical fertilizers to help gardens grow.



## JUST FOR KIDS

Grow your own green onions at home in 10 days! Cut the top off of a green onion; there should be about 2 inches of the bottom (bulb area) left. Place the cut bulbs in a jar or cup and fill it with water. Make sure the onion is sticking out the top of the water-- if it is fully submerged they will not grow. Change the water every couple days. Measure the onions each day to chart their growth!

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# YOUR OREGON KITCHEN

## QUICK AND EASY

- To perk up plain rice, top it with green onions (scallions) and sesame seeds.
- Sauté chopped onions to enhance the flavor of almost any vegetable dish.
- Add quartered white onions to the bottom of your roasting pan when making pork, chicken, or beef.
- Use with other seasonal vegetables in a shish kabob as a healthy addition to any barbeque.
- Add diced onion to hash browns or eggs for a filling, delicious breakfast.

## PRODUCE POINTERS

- Choose onions that are well shaped, have no opening at the neck, and have crisp, dry outer skins.
- Avoid onions that are sprouting, have soft spots, dark patches, or moisture at neck.
- Onions should be stored in a well-ventilated space at room temperature, away from heat and bright light.
- Onions should be stored away from potatoes because potatoes will absorb the moisture and ethylene gas that onions give off, causing them to spoil more quickly.
- For green onions (or scallions), look for crisp green tops and a clean white base that extends two to three inches; store in the refrigerator in a plastic bag for up to one week.
- If you only need half an onion, use the top half. The roots will stay fresh longer in the refrigerator.

# RECIPE: RICE BOWL SOUTHWESTERN STYLE\*

## INGREDIENTS:

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture - bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1 cup cooked brown rice
- 2 tablespoons salsa, shredded cheese or low fat sour cream

## DIRECTIONS:

1. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet). Add vegetables and cook for 3 to 5 minutes or until vegetables are tender-crisp.
2. Add cooked meat, beans or tofu and cooked rice to skillet and heat through.
3. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
4. Refrigerate leftovers within 2 hours.

\* From [foodhero.org](http://foodhero.org)



### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 ½ - 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ - 5 cups per day	3 ½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.

**Find Out More:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/go/f2sgardens](http://www.ode.state.or.us/go/f2sgardens).