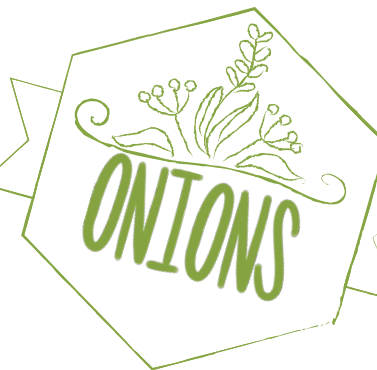


Onions

Yellow, white, and red-purple onions grow very well in Texas home gardens. Green onions may be eaten fresh or chopped and added to salads. Bulb onions may be sliced and used on sandwiches or dipped in batter and fried as onion rings. Although onions are a source of Vitamins A and C, they are used mostly as a flavoring in other food dishes.



Grow it

Varieties

- Yellow, Candy, – 1015Y, Legend
- White, Texas Early
- Red, Candy Apple

Soil Preparation

- Before seeding or transplanting, till the soil 8 to 10 inches deep.

Planting

- Onions are a cool-season crop and can stand temperatures well below freezing.
- They may be planted from seeds or from sets (transplants).
- When seeding onions for bulbs, plant them ¼ inch deep and 1 inch apart during October.
- When the plants are about 6 inches tall, thin them to one plant every 2 to 3 inches.
- You can eat the extra plants as green onions.
- If you use sets or transplants, plant them ¾ inch deep and 3 inches apart from mid-January to early February.
- Do not transplant onions more than 1 inch deep.

Fertilizing

- Spread 2 to 3 pounds of a fertilizer such as 15-5-10 or 5 to 8 pounds of organic fertilizer over 100-square-foot of garden area.
- Measure and spread the fertilizer. Mix it into the top 3 to 4 inches of soil.
- When the onion plants have five to six leaves, apply fertilizer again to help grow larger plants and bigger bulbs. Scratch the fertilizer into the surface inch of soil to avoid damaging plant roots. Each leaf forms a ring

in the onion bulb. More leaves means more rings and larger bulbs.

- For this second application, use about ½ cup of synthetic or 1 ½ cups of organic fertilizer for each 10 feet of row.

Watering

- Water once a week in the spring.
- You may need to water more often during dry, windy weather.
- Water onions slowly and deeply to help grow strong, healthy roots.

Care During the Season

- Remove weeds from around your plants to help them stay vigorous and healthy.

Insects & Diseases

- Pests should be minimal if the plants are kept healthy.

Harvesting

- Onions seeded from October to December or transplanted from January to February should produce bulbs between May and July.
- If used as green onions, they may be picked from the time they are pencil size until they begin to form bulbs.
- For dry-bulb onions, let the plants grow larger. The onions are ready when the main stem begins to weaken and fall.
- Leave dry-bulb onions lying in the garden for 1 to 2 days to dry. Remove the tops and roots and let them keep drying in baskets or boxes.



full



well drained soil

continued

Buy it

- Choose onions that are firm and dry with bright, smooth outer skins.

Use it

Chicken and Summer Veggies Grilling Pocket

Course: Main Dish

Serves: 6

Ingredients

- | | |
|---|------------------------------|
| 1 large red bell pepper, sliced into strips | 1 medium-sized summer squash |
| 1½ cup mushrooms, sliced | 3 Tbsp olive oil |
| 1 onion, thickly sliced | 1 Tbsp oregano dried |
| 2 medium zucchini, sliced | 1 Tbsp parsley dried |
| 1½ pound chicken breast, cut into equal-sized cubes | ½ tsp garlic powder |
| | 1 tsp paprika |

Instructions

1. Heat your grill to medium to high heat.
2. Cut the vegetables as directed.
3. Combine the olive oil, oregano, parsley, garlic powder, and paprika in a small bowl.
4. Cut 6 sheets of foil. Each should be approximately 12 in. long.
5. Divide the vegetables and chicken evenly among the 6 sheets of foil. Top each with some of the oil mixture, spreading it over the vegetables and chicken.
6. Fold the foil so that it creates a sealed pocket.
7. Grill the foil packets over medium to high heat for 35-40 min., or until chicken reaches 165° F.

Recipes provided by Dinner Tonight. For nutritional information:
<https://dinnertonight.tamu.edu/recipe/chicken-and-summer-veggies-grilling-pocket/>
<https://dinnertonight.tamu.edu/?s=Savory+Onion+and+Mushroom+Pork+Roast>

Learn about it

- Onions are free of fat, saturated fat, and cholesterol and are very low in sodium.

Store it

- Store onions in a refrigerator crisper or in a dry, airy place such as a wire net in the garage or carport.



Savory Onion and Mushroom Pork Roast

Course: Main Dish

Serves: 12

Ingredients

- | | |
|--|---|
| 20 fresh baby carrots | ¼ tsp dried rosemary |
| 3 lb lean pork loin, trimmed | ½ tsp dried thyme |
| 1 cup button mushrooms, chopped | ½ tsp black pepper |
| 1 cup baby portabella mushrooms, chopped | 1 (10 ¾ ounce) can reduced sodium cream of mushroom soup, undiluted |
| 1 large onion, chopped | ¾ cup chicken broth reduced-fat, unsalted |
| ½ tsp Worcestershire sauce | <i>Optional:</i> 1 tsp cornstarch, 2 Tbsp cold water |

Instructions

1. Add carrots to the bottom of a 5-qt slow cooker.
2. Add roast to slow cooker. In a large bowl, combine mushrooms, onions, Worcestershire sauce, rosemary, thyme, pepper, soup, and broth. Pour over pork. Cover and cook on low for 8-10 hr or until meat is tender.
3. In a small sauce pan, bring 1 ½ to 2 cups of liquid from slow cooker to a boil.
4. In a small cup, combine cornstarch and water until smooth and add to the sauce pan. Stir together until thickened.
5. Serve pork and vegetables with gravy. If desired, sprinkle french-fried onions on top.

Onions
have been eaten
since prehistoric times.




ONIONS

- They are high in fiber and Vitamin C.
Information gathered by Aggie Horticulture