

Green Onion/Scallion

Green onions, also called scallions, are a wonderful staple to always have on hand.

STORAGE

7-10 days in a plastic bag in the fridge.
Will keep a week after chopping.

PREP

Try finely chopping and keeping your green onions in a sealed jar in the fridge. Having them pre-chopped makes them a quick go-to for topping breakfast, lunch, or dinner!

A great addition to any recipe for **homemade salad dressing**. When mixed in the blender/food processor, a few green onions lend a nice fresh onion taste and a lot make a beautiful bright green dressing with an onion-flavored kick.

PRESERVING

Dehydrate on the lowest setting in your oven overnight, then give a quick zap in the blender/food processor for onion powder.

Put extra (any extras from root to tip) in a plastic bag in the freezer and save for making vegetable stock.

FUN FACT

Did you know when chopping the bottoms off the green onions (or any onions) you can save the tips and roots to add when making broth?!

CROP AVAILABILITY

Late May-July / Sept-Oct

LVFarm Academy A-Z Guide

lowervalleyfarm.com

