

Harvest of the Month



November

Onions

Nutrition Info

One cup chopped onion has 64 calories.

Onions provide vitamin C and fiber.

Fun Facts

Ancient Egyptians thought the onion had strength producing power, so onions were fed to the laborers working on the pyramids!

The word onion comes from the Latin word *unio*, which means "single," or "one"--reflecting of the onion plant producing a single bulb, unlike its cousin garlic, that produces many small bulbs.

Did you know that onions are classified as either "green" or "dry."

The onion is one of the top 5 fresh vegetables consumed in the US.

An average American consumes around 21 pounds of fresh and processed onion every year.

Uses

Onions can be grilled, baked, sautéed or eaten raw. These obedient vegetables will turn a good dish into a great dish!

Chop green onions, such as scallions, and use as a garnish for soups, stews, quiche and potatoes.

Sweet, red, or green onions are perfect in salads and sandwiches.

Family Friendly Activities

Read the best selling children's book *Holes* by Louis Sachar together as a family. While reading along determine what type of onion plays a functional role in the book.

Go to the farmers Market and look for all the different varieties of onions. How many onion types can you find?



Pick:

- Good-quality onions will be firm, free of mold spots and have even-colored skin.
- Choose onions that are heavy for their size with no signs of moisture.

Store:

- Store whole onions in a cool, dark, well ventilated place for use within 2 months.
- Refrigerate cut onions in a tightly sealed container for use within 2 - 3 days.

Prepare:

- Cut off the top/ stem of the onion.
- Peel the outer layers of the skin off.

Curried Butternut Squash and Pear Soup

Serves 8 (1 cup per serving)

Nutrition Facts

Serving Size 1 cup (315g)
Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 45mg **2%**

Total Carbohydrate 24g **8%**

Dietary Fiber 4g **16%**

Sugars 8g

Protein 3g

Vitamin A 240% • Vitamin C 45%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 1 (two pound) butternut squash
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 tsp. dried ginger powder
- 1 Tbsp. curry powder
- 4 cups reduced sodium vegetable broth
- 2 firm ripe pears, cored and cubed
- ½ cup half and half

Directions:

Preheat oven to 375 degrees. Line a rimmed baking sheet with tinfoil. Cut squash in half lengthwise; remove seeds. Place squash cut side down on baking sheet. Place pears, onions and garlic on baking sheet with squash and drizzle with olive oil. Roast about 45 minutes or until soft. Scoop out squash. In a large pot combine all ingredients; bring to a boil. Pour soup into blender; puree in batches until smooth.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLacrosse.org!

Color an Onion!

