

# Scallions & Green Onions

**Scallions are a member of the genus *Allium*, which also includes onions, garlic, shallots, chives, and leeks. Scallions and other alliums are essential ingredients in cooking because they are very versatile and complement many savory foods. Alliums are also packed with disease-fighting compounds.**



**SCALLION  
FACT  
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**Scallions are delicious when eaten raw in a salad. They can also be pickled, fermented, and cooked in many ways including braised, broiled, grilled, sautéed, poached, and stir fried.**



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**The entire scallion  
is edible.**

**The green tops have a fresh, grassy taste  
and can be sliced thin to use as a garnish.  
The white base is mildly sharp and sulphury  
and can be used as you would any onion.**

**You can also roast or grill  
the entire scallion and eat it with  
yogurt dip or vinaigrette.**



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**The names “green onion”  
and “spring onion” are  
sometimes used in grocery  
stores to label the vegetable  
we know as scallions.**

**But, true scallions are a distinct variety  
that has been selected to be tender  
and mild and to not produce a bulb.**



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**The white base of true scallions have straight sides.**

**Green onions have a slight bulb shape at the base because they are immature onions that will produce a bulb if left to grow. Spring onions are young onions that have started to form a bulb, yet still have green leaves. Spring onions are used fresh, rather than being dried for storage.**



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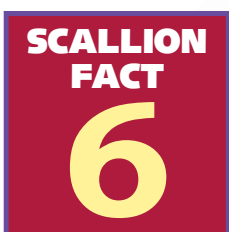
**Scallions are easy to grow and are available year round.**

**The peak season is spring and summer.**

**Scallions seeds can be planted in early spring for summer harvest. They need well-drained soil and full sun to thrive. Harvest scallions when they are 6 inches tall. They get a stronger flavor as they grow older.**



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**Scallions, green onions, and spring onions can be used interchangeably in cooking.**

**When eaten raw, scallions are milder than green onions, which can be spicy and peppery. Spring onions have a stronger flavor than scallions, but are sweeter and mellow than regular onions. Greens of spring onions that are too tough to eat raw are perfect for making vegetable or chicken stock.**



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**You can re-grow scallions on  
your windowsill at home!**

**Place a few cut scallions in a jar, root  
side down, with some water. Your scallions  
will grow a few inches in a week,  
giving you fresh greens to use in salads  
or to put on top of soups and stews.**



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**Like all alliums, scallions contain sulfuric compounds that are released when scallions are cut or bitten. (Don't believe it? Smell a whole onion.**

**Then cut it and smell it again!)**

**It is these compounds that cause many people to cry when cutting onions.**

**Refrigerate your onions before chopping them to lessen the tears.**



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**The sulfur content of scallions and other alliums is determined, in part, by how much sulfur is in the soil.**

**The more sulfur in the soil, the more pungent the flavor of the onion. Low-sulfur soils produce sweeter onions. Genetics also play a big role in the flavor of onions. For example, a Vidalia onion grown in sulfur-rich soils will not be as pungent as other onion varieties grown in that same soil.**



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