

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.



© Can Stock Photo / bloodua



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Scallions & Green Onions

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.



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Scallions & Green Onions

**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.**



© Can Stock Photo / bloodua



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Scallions & Green Onions

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.



© Can Stock Photo / bloodua

**SCALLION
FACT**
4

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

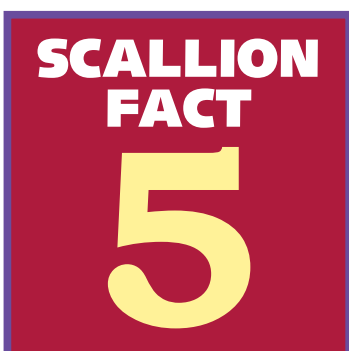
Scallions & Green Onions

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.



© Can Stock Photo / bloodua



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

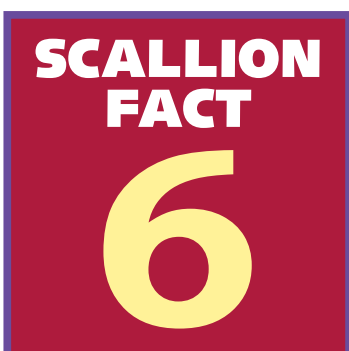
Scallions & Green Onions

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.



© Can Stock Photo / bloodua



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Scallions & Green Onions

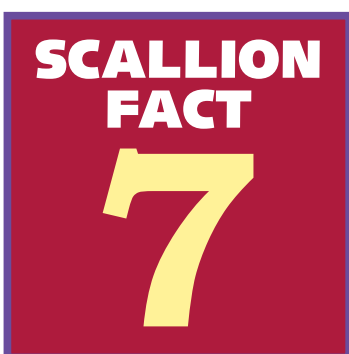
Scallions, green onions, and spring onions can be used interchangeably in cooking.

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.



© Can Stock Photo / bloodua



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Scallions & Green Onions

**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.**



© Can Stock Photo / bloodua



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Scallions & Green Onions

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.



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Scallions & Green Onions

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.



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER