

Sweet Onions are Here



Grocery stores and farm markets are brimming with a Georgia favorite! Sweet onions. Sweet onions are a much-anticipated delight every Spring. They have just the right amount of “oniony” goodness with sweetness and crunch. Whether you eat them raw on sandwiches and salads, or add them to favorite casseroles, here are some UGA Extension resources for [tips](#) on how to preserve them for future use.

First, when [preparing onions](#), be sure to wash by scrubbing onions with a clean vegetable brush under cold running water. Dry well with a paper towel, remove outer peel, stem, and root. Remember to keep ready-to-eat produce away from raw meat, poultry, seafood, and their juices, as well as uncooked eggs. Wash all utensils and countertops with hot, soapy water and rinse. And consider designating separate cutting boards for produce.



Bulb onions store well. Store in a clean, pest free, dry, cool and dark space. In order to extend the storage time, the temperature should be kept around 50 to 70°F to maintain the best possible quality. Avoid storing onions near ovens, furnaces, water heaters or hot pipes where warm temperatures can hasten a loss of nutrients and cause undesirable changes in the product.

[Drying](#) is a great way to preserve onions for later use. If you enjoy hiking, dried onions are a great addition to dehydrated soup mixtures that provide lighter weight meal options for rehydration while on the trail.

Freezing is also an option. UGA Extension offers [freezing recommendations](#) for diced, green, whole, and onion rings; however, freezing whole (bulb) onions is generally not recommended.

[Canned relishes](#) are a great way to use sweet onions during gardening season and add that perfect condiment for picnic season and beyond. [Fresh dill relish](#) is a sweet dill, not salty, relish that is a nice complement to potato salad and deviled eggs. [Sweet pepper relish](#) is a combination of bell peppers and sweet onion with mustard seeds for a great hotdog topping. And, [Hot Pepper Relish](#) combining jalapenos with sweet onions can spice up those fresh crowder peas with an added kick!

Sweet onions are a great addition to the menu and provide nutrients and flavor to our diet. Sweet onions are here! Enjoy!

For more information contact _____@UGA Extension _____ County.

(374 Words)

Sources and Embedded links:

<https://nchfp.uga.edu/tips/summer/onions.html> (tips)

<https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely>

<https://nchfp.uga.edu/tips/summer/onions.html> (Drying info)

<https://nchfp.uga.edu/how/freeze/onion.html>

<https://nchfp.uga.edu/publications/uga/FDNS-E-43-18.pdf> (Canning Relishes)

https://nchfp.uga.edu/how/can_06/fresh_dill_relish.html

https://nchfp.uga.edu/how/can_06/sweet_pepper_relish.html

https://nchfp.uga.edu/how/can_06/hot_pepper_relish.html

Other Related Sources

https://nchfp.uga.edu/how/store/UGA_foodstorage_2011.pdf