

Harvest of the Month



Green Onions

6,000 students in Western Nevada County will sample green onions from Feeding Crane Farm this month through Sierra Harvest's Farm to School Program!



Feeding Crane Farm

Feeding Crane Farm is family farm project growing a wide array of certified organic vegetables at 1400 feet in the Sierra foothills. We strive to grow our produce in a manner that maximizes nutrition for people while improving the health of the ecosystem in which we farm and providing a secure livelihood for ourselves and the people who work with us. We use an evolving array of organic practices to build soil, increase productivity, and increase the nutrient density of our produce. Find Feeding Crane Farm at the Saturday Nevada City Farmers Market, BriarPatch Food Coop, the Tuesday Truckee Farmers Market, and at local restaurants.

www.feedingcranefarm.com

Allium About Green Onions!

- Also known as scallions, green onions are part of the Allium genus, making them cousins to garlic, leeks, chives, and shallots
- You can regrow them easily. If you place the white root ends in a glass of water on a windowsill, the green tops will begin to regrow in a few days.
- While we usually treat them as annuals (plant once, eat once), they are actually perennials and can survive through winter in many climates.
- Despite being a small vegetable, their roots can grow surprisingly deep—up to 18 inches—to find water.



Chinese Scallion Pancakes (Cong You Bing)

Ingredients

- 2 cups all-purpose flour
- 1 cup boiling water
- 2 cups thinly sliced green onions (greens and whites)
- Vegetable oil (for frying and brushing)
- 2 tsp toasted sesame oil
- Salt
- Dipping Sauce: 2 tbsp soy sauce, 1 tbsp rice vinegar, 1 tsp chili oil or flakes.



Instructions

- **Make the Dough:** In a bowl, mix flour & boiling water. Stir with a fork until a shaggy dough forms. When cool enough to handle, knead by hand for 5 minutes until smooth. Cover with a damp cloth and let rest for 30 minutes (to relax the gluten).
- **Roll and Fill:** Divide the dough into 4 balls. Take one ball and roll it out into a very thin circle.
- **Layer:** Brush surface with a thin layer of vegetable oil and a dab of sesame oil. Generously sprinkle with salt and a handful of sliced green onions.
- **Shape:** Roll the dough up tight (jelly-roll style). Take the long roll and coil it into a spiral (like a cinnamon roll). Tuck the end underneath.
- **Flatten:** Gently flatten the coil with your hand, then use a rolling pin to roll it out flat.
- **Fry:** Heat 2 tbsp oil in a pan over medium-high heat. Fry the pancake for 3–4 minutes per side until golden brown and crispy.
- **Serve:** Cut into wedges and serve hot with the sauce.

Nutrition

- One medium green onion provides about 34% of your daily Vitamin K requirement, which is essential for blood clotting and bone health.
- A whole cup of chopped green onions contains only about 32 calories.
- The white part contains more sharp, oniony flavor and sugars, while the green part contains more vitamins (specifically Vitamin C and beta-carotene).

Did You Know That...

- Green onions are believed to have originated in Asia and have been cultivated in China since at least 3500 BC.
- Chefs separate the white and green parts. The whites are often cooked early with aromatics (like garlic), while the greens are used raw at the end for color and fresh crunch.
- They are one of the few ingredients that appear in the "trinity" of aromatics for wildly different cuisines, including French (mirepoix variation), Cajun (holy trinity variation), and Chinese (ginger/garlic/scallion).
- Green Onions contain much less sulfur than their fully grown counterparts, meaning that cutting a green onion is unlikely to make you cry like cutting a full-sized onion might.
- In Chinese cuisine, scallion oil (Cong You) is a staple condiment made by slow-frying green onions in oil until they turn brown and crispy.



if your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

www.BenefitsCal.com