

Harvest of the Month



Health and Learning Success Go Hand-In-Hand

Eating a well-rounded diet is the key to good health. The USDA's MyPlate icon reminds us that at least half one's plate should be fruits and vegetables, while grains, protein, and dairy products should make up the rest of a meal.



Alliums

An allium is a bulbous plant that flowers in a round cluster and includes the onion, chives, leeks and garlic.



Recipe: Garlic Mashed Potatoes

Serves 6.

Ingredients:

- 8 medium red potatoes, quartered
- 3 cloves of garlic, peeled and minced
- 2 Tbsp. butter
- 1/2 cup milk, warmed
- 1/2 tsp. salt
- 1/4 cup parmesan cheese, grated

Directions:

Place potatoes and garlic in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until potatoes are very tender. Drain well. Add the butter, milk and salt; mash. Stir in cheese and serve



Uses

- Garlic and onions can be used to add flavor to many recipes!
- Garlic and onions are tasty in pizza and spaghetti sauces, casseroles, dressings, breads, and soups!
- Garlic grows in bulbs that can be broken apart into cloves.
- The smaller you cut garlic, the more intense the flavor.
- You can use fresh garlic in place of powdered/granulated garlic.
- 1 clove of fresh minced garlic = 1/3 teaspoon of garlic powder



Reasons to Eat Alliums

- Alliums are nutrient-rich
- Onions contain quercetin, an antioxidant that may help to prevent heart disease and cancer
- Onions are an excellent source of immune-supportive vitamin C
- Onions are a good source of fiber and manganese, which aid bone growth
- Garlic contains many vitamins and minerals including vitamin B6 and manganese
- Garlic is helpful in digestion, earaches, eye infections, and reducing cholesterol



Nutrition Facts

Serving Size: 1 Medium Onion (148g)

Amount Per Serving

Calories 45 • Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 1g 4%

Sugars 7g

Protein 1g

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

ALLIUMS

Try this: Why do onions make you cry?

Supplies needed

- Cutting board
- Onion – both room temperature and cold
- Sharp knife
- Matches
- Goggles
- Bowl of water



The sulfuric compounds in onions are released into the air when cutting an onion. They get into your nose and set your tear ducts flowing to flush the sulfur from your eyes. For each experiment, you will compare cutting an onion at room temperature with one that is cold. Record your observations.

Experiment:

1. Cut the cold onion.
2. Cut an onion while holding (unlit) matches in your mouth with sulfur side out.
3. Cut an onion while holding it under water.
4. Cut an onion wearing goggles.

Which one made your eyes water the most? Which one made your eyes water the least? What would help you the next time you'd like to cut an onion?



Try this: Grow your own garlic

Grow your own garlic at home or in the classroom this spring!

Supplies needed:

- Container/planting pot
- Potting Soil
- Head of garlic

Directions:

1. Fill your container with soil.
2. Separate the cloves (leave the papery leaves on) and place them about 1 inch deep in the soil and cover with soil.
3. Place your container in the sunlight and water regularly.
4. When the green tops begin to dry up in the fall, your bulb can be dug up and used. Alternatively, young "green garlic" can be pulled up and used for a more mild flavor.
5. The immature flower stems of garlic plants are called "scapes." Scapes begin to form in midsummer. When the scape is removed, the plant can focus more of its energy on bulb production, which results in a larger bulb. Garlic scapes are edible and should be carefully pinched or cut off just above the top leaf of the garlic plant.



In the Garden

The key to success in growing onions is understanding how they grow. It takes two growing seasons for the onion plant to go from seed to flowering. Bulbing onions are harvested in the first growing season before the plants flower and go to seed in the next season. It's easiest to grow onions starting with "sets" that were grown from seed the year before. Onions love the long, sunny days of summer.

For more gardening information about onions:

<http://cru.cahe.wsu.edu/CEPublications/FS097E/FS097E.pdf>



Home Grown Facts

- The versatile onion comes in three colors: Yellow, Red and White.
- Yellow onions are also called "storage" onions and available from July through March in Washington State.
- Washington State is famous for the Walla Walla Sweet Onion, available in season during the summer, usually from June to August.
- Washington ranks third in the country in onion production
- Washington State ranks fourth in the United States in both the number of farms growing garlic and in harvested acres.
- In addition to bulbs grown for the fresh market, garlic is also grown in Washington for seed and dehydration.
- Typical fresh market garlic yields range from 6,000 to 18,000 lbs. per acre.

For more information: <http://www.washivore.org/onions>

The National Onion Association has developed educational materials which include lesson plans, activities and Powerpoints for teachers of 4th-6th grade students.

<https://www.onions-usa.org/all-about-onions/lesson-plan-on-food-and-nutrition>

Adapted from these resources:

http://www.oregon.gov/ode/students-and-family/childnutrition/F2S/Documents/onion_1_poster_eng.pdf

<http://www.wafarmtoschool.org/Toolkit/41/onions/Info>

<http://www.washivore.org/onions>

<https://www.lacrosseschools.org/spence/wp-content/uploads/sites/17/2017/04/Harvest-of-the-Month-Garlic-May.pdf>

