



Onions



NUTRITION:

Onions are high in potassium as well as containing calcium and phosphorus.

STORAGE:

Remove tops, place in shallow boxes or mesh bag, cure in an open garage or barn 3 to 4 weeks. Store where they will be well ventilated.

DRYING:

Select pungent varieties.

Preparation:

- Peel.
- Remove outer discolored layers.
- Cut uniform slices 1/8" to 1/4" thick.

Pretreatment:

- No treatment necessary.

Drying Procedure:

- Spread thinly on trays.
- Dry 3 - 9 hours at 140 degrees F.
- Dry until brittle and light colored.
- For onion powder, crush slices after drying. Store in airtight container.

Dry onions do not need to be reconstituted unless so specified. Add them directly to the dish you are preparing.

FREEZING:

Select fully mature onions. Peel, wash, and cut into sections. Chop. Does not have to be blanched, but may be blanched 1-1/2 minutes. Cool and let dry. Package, label, and place in freezer.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

**HANDOUT DEVELOPED BY: WSU Master Food Preservers
Under the direction of
Joanne Austin, Skagit County Extension Faculty
WSU Skagit County Extension**