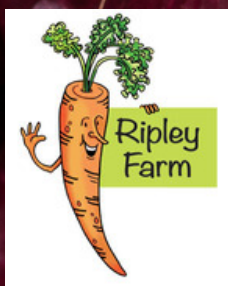


RED ONIONS

BEYOND RAW IN SALADS

A VEGETABLE E-BOOK +
OUR TOP 3 RECIPES FROM

Ripley Farm





Meet your Farmers

Do you love veggies?

But you are not always sure about what to do with unusual ones like red onions or kohlrabi, or just an overabundance of cucumbers?

Do you fear that it could go to waste?

I hear ya! I'm Mary Margaret and I know how overwhelming it can be to figure out what to do with new and abundant veggies. If you're like me, you like a challenge, but appreciate a little help along the way.

Use this vegetable E-book with our top three recipes to help inspire you to prepare healthy meals everyone will love-- and keep them fun and diverse with these ideas!

Red Onion E-book

Two kinds of red onions:

Fresh red onions with the tops
(late August/early September)



Cured red onions (September
through March)



Tasting Notes: Red onions are a staple crop for our farm. The fresh ones have green tops which can be used like green onions (aka scallions) as well as the edible red bulb. Onions have to go through a curing process in order to store properly. The taste of a fresh onion may be milder than a cured onion which may have a more concentrated pungent flavor due to the drying process.

How to Store: Fresh red onions should be stored in the refrigerator in a plastic bag that completely covers the greens to prevent wilting. Cured red onions should be stored at cool room temperature for the short term, a few weeks.

How to Prep:

Fresh red onions: Pull off any wilted or damaged leaves or layers. The entire thing is edible. Use the bulb as you would a cured red onion, chopped or sliced according to recipe. Use the green tops as you would a scallion/green onion top, chopped according to recipe.

Cured red onions: Pull the outer layer of skin off and chop or slice according to recipe. If they are too strong for your eyes, refrigerate or put in freezer briefly before chopping. Or use goggles!

Best uses:

Often used raw because of their color and relatively mild flavor. But expand beyond these options and cook them like you would all-purpose yellow or white onions. They get sweeter when cooked, especially roasted.

- salsa
- tacos
- pizza toppings
- raw in salads
- red onion jam
- pickled
- sandwiches
- enchiladas
- burgers
- stir-fry
- guacamole
- grilled with or without other veggies
- frittata
- roasted with other veggies
- caramelized

Quirks to know about:

Red onions as leftovers in stir-fry or frittata etc. turn a weird color greenish. Nothing is wrong with them or anything. Still fine to eat. Just so you know.

Substitutes:

Green onions, shallots, leeks, sweet onion, yellow onion, chives.

Feeling overwhelmed?

How to Freeze Red Onions: Use the raw method.

1. Chop the red onions to desired size (no smaller than ½ inch dice).
2. Place them into a freezer Ziplock bag and freeze.
3. Use them for cooked dishes as they will be limp when thawed.

Put Red Onions in Your Freezer Scrap Bag:

If you start getting overwhelmed with red onions, remember you can always put them into your “freezer scrap bag.” When this gallon-size Ziplock gets filled with veggie scraps, you can dump them all into a giant pot, add some salt and peppercorns and bay leaf, and bring to a boil/simmer for 2 hours to make some DIY vegetable broth.

Caramelized Red Onions

This is so delicious that every time I make it I wish I used more onions than I did because caramelized onions have so many uses!

They're great as a topping for pizza or pasta dishes, over steak or pork chops, in French onion soup, mashed up with potatoes or in an onion dip. Put them in quesadillas or enchiladas or tacos. Put them in frittata or quiche. Wow so many ways to use them!

But, be careful not to burn them for obvious reasons!

Ingredients:

- onions, peeled, and sliced thinly
- butter or oil

Steps:

- *Saute onions in butter or oil over medium low heat in a heavy bottomed pan.*
- *Stir often, turning the heat down as needed to keep them from burning.*
- *Keep stirring until they turn a deep golden brown and are super sweet and soft.*
- *The process usually takes me about 45 minutes.*

Quick Pickled Red Onions

Pickled red onions are a great way to use up extras and make a tasty useful condiment to use in all kinds of meals that will last in the fridge!

Try them on your burgers, sandwiches, pizzas, tacos, in salads, and so much more!

Ingredients:

- 1.5 cups red onions, sliced thinly
- 3 TBLS sugar
- 1 TBLS salt
- 1 cup white vinegar

Optional spicing ingredients:

- 1 clove garlic and 10 peppercorns
- 1/2 cinnamon stick, 1 star anise, 4 cloves, red pepper flakes
- fresh ginger slices
- 1 clove garlic, cumin seeds, mustard seeds
- etc! Make it up!

Steps for crunchy pickles:

- *Add prepared onions to a pint jar, filling up to 1 inch below the top.*
- *Boil the vinegar, sugar, salt, and spices until dissolved. Remove from heat.*
- *Pour liquid over onions in jar. Put on a canning jar lid.*
- *Let stand until cool. Store in fridge for up to 3-4 weeks.*

For softer pickles: *add them to the vinegar mixture and boil 1-2 minutes then pour into jar to cool as above.*

French Red Onion Soup

This may seem like a fancy name, but it is super easy to make and tastes so good. Your family will love it!

Plus it uses up a ton of red onions if you need that! ;)

Ingredients:

- butter or cooking oil
- 2 lbs red onions, sliced
- 1 TBLS balsamic vinegar
- 1 TBLS Worcester sauce
- 1/4 TSP dried tarragon or thyme
- 1/2 cup red wine
- 4 cups chicken, beef, or veg broth
- salt and pepper to taste
- 2 cups grated gruyere cheese
- french baguette slices

Steps:

- *Heat butter or oil in large pot on medium heat.*
- *Add onions and cover.*
- *Cook, stirring frequently to prevent burning, until deep golden in color, 15-30 minutes.*
- *To the onions, add vinegar, Worcester sauce, spices, wine, and broth.*
- *Bring to a boil and turn down to a simmer. Cook uncovered for 15 minutes.*
- *Preheat broiler. Ladle soup into oven safe bowls and top with a slice of bread and cheese. Melt cheese under broiler and serve.*

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