



- Noticing “hot” menu items? It’s a thing
- Halloween Party Foods
- Recipe Box: Onion & Sweet Potato Soup with Bacon
- Pantry Staples to keep year-round
- Video recipe: Stir-fry Onion Ramen
- Onionista Bog: 10 Budget-Friendly Meals for your Family
- Backyard garden = \$\$ savings
- Meet an onion farmer

105B Pounds of Onions Grown Annually: Who’s at the Top??

The world produces approximately 105 billion pounds (or about 47.6 million metric tons) of onions annually, a figure that has remained consistent in recent years, though specific production numbers vary by reporting year and metric used. China and India are the top producers, with China growing about 24.5 million metric tons and India a bit less, around 23.5 million metric tons, depending on the year. The United States grows approximately 6.75 billion pounds a year.

Why we call the onion Nature’s Ninja

While its nutrients help you ward off diseases when you eat it, it’s also a major action hero, slaying bacteria and bugs in the field just to get to the table. It provides amazing flavor to any meal, and it’s useful in other ways such as dying fabrics, curing bee stings, cleaning grills or feeding sheep.



Onion hacks



When it comes to cutting onions, use a good quality, sharp knife. This will make the act of cutting easier and reduce cell damage to the onion, thus reducing tears

To reduce tearing, chill onions 30 minutes before cutting.



30 min

At home, keep dry bulb onions in a cool, dry, well ventilated place. Moisture and lack of air movement will reduce their storage life and cause decay. Sunlight will cause sprouting.



The root end of an onion has the highest concentration of sulfur compounds. When an onion is cut, the sulfur comes in contact with enzymes. This starts a chain of chemical reactions creating a compound that causes your eyes to water.



Cut onions will keep 7-10 days in an airtight container in the refrigerator.

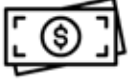


7-10 DAYS

One medium onion (approximately 2-1/2 inches in diameter), equals about 1 cup chopped onion.



Purchase onions with dry outer skins, free of spots or blemishes. An onion should be heavy for its size with no scent.





The Onionista

Got a message for the Onionista? Write to
onionista@onions-usa.org

Inside Onions

Message From The Onionista

Who is the Onionista?

Hi! I'm René Hardwick, Aka The Onionista. As the Director of Public And Industry Relations for the National Onion Association, I wanted a fun way to connect with people on the web. That is how 'Onionista' was born. She is a fun and informal way for me to share my passion for onions, food, and agriculture with consumers.

In this monthly newsletter, I hope to share with you not only great new recipes and recipe videos, but nutrition nuggets to help round out the menus you serve to your family, and offer some fun information for every day.

The National Onion Association tells the story of the bulb onion, promoting the usage and visibility of the third most consumed fresh vegetable in the U.S. with active

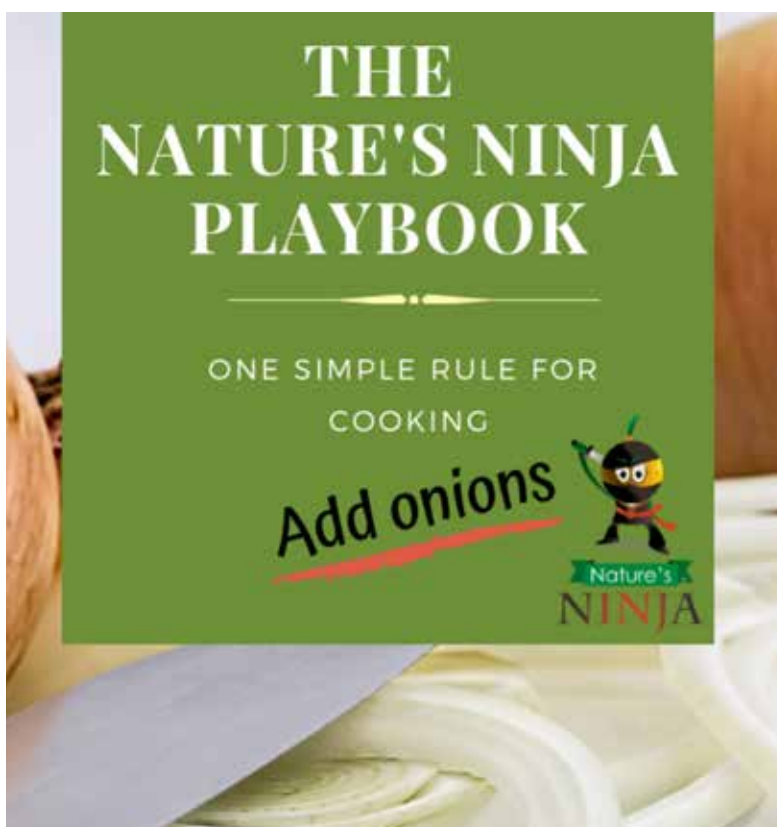
media relations, recipe development, culinary education and more.

Members of NOA rely on the non-profit trade association for

up-to-date information, government representation, industry-wide networking, as well as consumer outreach. Visit www.onions-usa.org for more information.

Kids activities book

Click to download the Playbook



Ready for the heat?

How Spicy Menu Items are set to win over Gen Z, alpha

Restaurants are turning up the heat—literally—to grab the attention of Gen Z and Gen Alpha diners. Spicy chicken sandwiches, saucy sides, and bold new dips are popping up on menus everywhere, giving foodies a reason to snap, share, and taste, [according to CNBC](#).



restaurant now has at least one fiery option, from Wendy's Takis Fuego Meal to Cava's Hot Harissa Pita Chips and Taco Bell's Mike's Hot Honey Diablo Sauce.

The motivation? Social media. TikTok and Instagram are full of spicy food challenges, reaction videos, and influencer

Chipotle, CNBC reported, dropped Adobo Ranch, its first new dip in five years, as a limited-time treat. According to Chris Brandt, Chipotle's president, it's a simple, low-cost way to get people excited without revamping the whole menu. And with Americans planning to spend less on dining out, spice is a budget-friendly way to keep people coming back.

taste tests, making it almost impossible to ignore the heat. Even drinks are joining the fun—Sprite is leaning into spicy pairings with campaigns like "Hurts Real Good," complete with TikTok filters and viral challenges.

From March to June of this year, CNBC reported, U.S. chains launched 76 spicy items, from permanent staples to limited-time offers. Nearly every

While some trends like Nashville Hot have cooled, new spicy flavors are hotter than ever. For restaurants, social media buzz, cultural variety, and a little heat are helping them win over the next generation of diners—one fiery bite at a time.

October Onions: Fresh from the Field

Nothing says fall like a freshly harvested onion—and October is prime time. Just out of the ground, these onions are at their peak: crisp, flavorful, and bursting with seasonal goodness.



What makes October onions extra special is their natural armor. Each one is wrapped in a thin, papery skin that protects it from dirt, moisture, and other elements. This isn't just packaging—it's nature's way of keeping onions safe and fresh from harvest to your kitchen. That means you can cook with confidence, knowing these onions are clean, protected, and ready to shine in any recipe.

From soups and stews to sandwiches and sides, these onions bring natural flavor, safety, and freshness to every dish. With their hard papery skin and unbeatable taste, there's never been a better time to cook with onions straight from the field.

So this October, make the most of the season.

BEST USES

for Yellow onions
Grilled, sautéed,
caramelized,
baked or roasted.

Video Recipe



12-minute gourmet Ramen

Instant ramen will always have a place in our hearts, but let's be honest — it usually leans more toward a salty snack than a balanced meal. The good news? With a few quick swaps, you can level it up into something way more satisfying. Enter: healthy Ramen recipes that take the noodles you love and turn them into actual dinner goals.

Start by sautéing diced onions in a splash of oil until they're soft and fragrant, then toss in your noodles and a

handful of colorful vegetables for crunch and nutrition. Skip the seasoning packet and add soy sauce or a vegetarian-friendly alternative for flavor. In about 12 minutes, you've got a bowl that's fast, flavorful, and way more satisfying than the instant cup you loved in your younger days.

Want to turn your youth favorite into a more nutritious family meal? Add extra vegetables like spinach, bell peppers, or broccoli, and toss in protein—think tofu, shrimp, or shredded chicken. It's an



easy way to make ramen both kid-friendly and wholesome, so everyone at the table gets the comfort-food vibes without missing out on nutrients.

If you're searching for healthy ramen recipes that hit the sweet spot between quick weeknight wins and nourishing meals, this one deserves a spot on your menu rotation.

Ingredients

Serves 2

- 2 packs ramen noodles (discard seasoning)
- 1 large onion, sliced
- 1 cup mixed veggies (optional)
- 2 tbsp soy sauce
- 1 tbsp oyster sauce (or extra soy if vegetarian)
- 1 tbsp butter or oil



Directions

Bring a pot of water to a rolling boil and add the ramen noodles. Let them cook just until they're soft but still slightly firm to the bite, about 2–3 minutes. Be careful not to overcook, as they will continue cooking slightly when stir-fried later. Once done, drain the noodles and set them aside.

Sauté the onions: Heat a skillet over medium heat and add the butter or oil. Add the diced onions and cook them, stirring occasionally, until they become soft, fragrant, and golden brown, about 4–5 minutes.

Cook the vegetables (optional): If you're adding other vegetables, toss them into the skillet with the onions. Stir-fry for about 2 minutes, just until they're slightly tender but

still crisp, so they retain their color and nutrients.

Gently toss everything together, making sure the noodles are evenly coated with the sauce and mixed well with the onions and vegetables. Cook for another minute to allow the flavors to meld.

Serve and garnish: Plate the stir-fry while it's hot. For an extra touch of flavor and a bit of crunch, sprinkle sesame seeds on top before serving. Enjoy immediately for the best taste and texture.

Per serving:

570 calories;
13.35 g protein;
24 g fat;
75 g carbohydrate;
8 g fiber;
400 mg sodium.

Pro-Tip:

Save the Ramen flavor packets and add them to the cooking water for rice and grains, mix them with butter and flour to create a gravy, season scrambled eggs, or make a quick broth for soups or sauces

Halloween Party Food Ideas That Are Scary Good

When you're planning a spooky celebration, don't stop at candy and cupcakes—savory dishes can be just as fun, and that's where onions come in. If you're searching for Halloween party food ideas with onions, you'll be surprised how easily this kitchen staple can bring both flavor and creativity to the table.

Start with a playful classic:

Mummy Dogs. Wrap crescent roll dough around hot dogs, leaving little gaps for “eyes.” For an upgrade, tuck in caramelized onions before baking. The sweet, rich flavor makes these kid-friendly snacks a hit with adults too.



Next, whip up a bubbling **Witch's Brew Dip**. Blend caramelized onions with sour cream, then add a drop of green food coloring for a spooky effect. Serve with black tortilla chips or veggies for dipping—it's as tasty as it is festive.

For a centerpiece dish, try **Stuffed Onion Lanterns**. Hollow out medium onions, carve simple jack-o'-lantern faces, and fill them with a mix of rice, ground beef, and spices. Bake until tender and glowing—guests will love the eerie look and comforting taste.

Finally, bring on the creepy-cute with **Monster Eyeball Pizzas**. Use mini bagels or English muffins, top with sauce and mozzarella, then add a sautéed onion slice and an olive for the “eyeball.” It's the perfect bite-sized party food.

From dips to main dishes, these Halloween party food ideas with onions will balance out all the candy and add just the right amount of spooky flair to your menu.

Spooky Snacks You Can Make with Everyday Ingredients

Banana Ghosts – Slice bananas in half, stand them upright, and use mini chocolate chips for eyes and mouths.

Apple Monster Mouths – Apple slices with peanut butter “glue” and mini marshmallow “teeth.”

Pretzel Witch Brooms – Pretzel stick handles with cheese or fruit leather broom bristles.

Pumpkin Rice Cake Faces – Spread orange frosting or peanut butter on rice cakes, decorate with raisins or chocolate chips.

Creepy Celery Boats – Celery filled with cream cheese, topped with cherry tomato “eyeballs.”

Eyeball Grapes – Grapes on toothpicks topped with cream cheese and an olive slice to look like eyeballs.

Monster Pudding Cups – Pudding topped with crushed cookies for hair and candy eyes.

Slimy Jello Worms – Gelatin cut into “worms” from straws or molds for a wiggly effect.

10. Bloody Popcorn – Plain popcorn drizzled with red syrup or strawberry sauce for a gory touch.

Recipe box

CATEGORY:

Soups/Stews

PREP TIME:

15 minutes

COOK TIME:

25-30 min-



Click photo for recipe directions

Onion & Sweet Potato Soup with Bacon

1 medium yellow onion, chopped
½ pound sweet potatoes, peeled and chopped
4 ounces bacon, finely chopped
1 ½ to 2 teaspoons salt
½ teaspoon dried thyme
¼ teaspoon ground black pepper
32 ounces chicken stock
2 tablespoons minced red onion, for garnish

Per serving (6): 145 calories; 6 grams protein; 12 grams carbohydrates; 8 grams fat; 12 mg cholesterol; 774 mg sodium; 2 grams fiber.

Health properties of onions

Onions contain a variety of other naturally occurring chemicals known as organosulfur compounds linked to lowering blood pressure and cholesterol levels.

Among some of their best-known benefits, onions contain the flavonoid quercetin which acts as an anti-inflammatory in the body, inhibits low-density lipoprotein oxidation (an important reaction in the atherosclerosis and coronary heart disease), protects and regenerates vitamin E (a powerful antioxidant), and provides protection from many forms of cancer.





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Cold-Weather Cooking Staples for Busy Families: Stock Up and Save Time

Between school schedules, sports practices, and busy workdays, fall cooking can feel like another task on your list. The secret? A well-stocked kitchen. With the right cold-weather cooking staples, you can pull together warm, hearty meals in minutes—without the stress.

1. Onions: A Must for Easy Family Dinners

Onions are the base of countless family meals—soups, stews, tacos, and pasta sauces. Keep yellow onions for everyday dishes, red onions for quick salads or wraps, and sweet onions for caramelizing into kid-friendly toppings.

2. Broths and Stocks: Ready for Soups and More

A carton of chicken or vegetable broth can turn leftover veggies and rice into a satisfying soup in 15 minutes. Keep a couple in the pantry, and your weeknight dinner options multiply fast.

3. Rice and Whole Grains: Fillers Kids Love

Rice is a busy family's best friend. Make a double batch on Sunday, and use it throughout the week—for stir-fries, burrito bowls, or a simple side with sautéed onions. Brown rice, farro, or quinoa also add nutrition with little extra effort.

4. Root Vegetables: Roast Once, Eat Twice

Carrots, potatoes, and parsnips are inexpensive, fill-



Cold-Weather Cooking Staples Checklist

Get your kitchen ready for busy fall nights! This printable checklist helps families stock up on essential cold-weather ingredients like onions, broths, rice and more to make weeknight dinners easier.

- | | |
|--|--|
| ☐ Onions: Yellow, red, and sweet for soups, stews, and quick toppings | ☐ Dairy Basics
Cheese, butter, cream for rich fall recipes |
| ☐ Broths & Stocks
Chicken, beef, or vegetable for fast soups and sauces | ☐ Herbs & Spices
Rosemary, thyme, garlic powder, smoked paprika |
| ☐ Rice & Whole Grains
White rice, brown rice, farro, or quinoa | ☐ Freezer Favorites
Frozen onions, peas, spinach, pre-cooked rice |
| ☐ Root Vegetables
Carrots, potatoes, parsnips, sweet potatoes | ☐ Cooking Oils
Olive oil, vegetable oil, or butter for sautéing |
| ☐ Canned Staples
Diced tomatoes, beans (black, kidney, chickpeas) | ☐ Meal Prep Helpers
Foil, freezer bags, and airtight containers |

Print this checklist and keep it on your fridge or pantry door.

ing, and kid-approved. Roast a big sheet pan with onions on Monday, and you've got a side dish ready for two or three meals.

5. Canned Staples: Beans & Tomatoes for Quick Meals
Beans and canned tomatoes help create fast chili, quick casseroles, or simple pasta sauces. Pair with onions and spices for a go-to meal when time is tight.

6. Freezer Favorites: Save Your Weeknights
Frozen onions, peas, and spinach are lifesavers for nights when chopping feels like too much. Pair with pre-cooked rice or pasta for a 10-minute dinner.

Plan Now, Cook Less Later

A little planning makes fall dinners easier, cheaper, and healthier. Start with these staples—onions, broths, rice, and hearty vegetables—and you'll always have the building blocks for a family meal on hand.

Blog 10 budget-friendly meals

Eating healthy on a budget doesn't have to mean bland salads or expensive "superfoods." With a few clever hacks and versatile ingredients, Millennials and Gen Z can enjoy meals that are nutritious, affordable, and delicious. Here are 10 budget-friendly healthy meals that are easy to make, flavorful, and won't break the bank.

Give these budget-friendly healthy meals a try

1. **Vegetable Stir-Fry with Rice or Quinoa**

A mix of frozen or seasonal vegetables, a protein like beans or tofu, and a simple soy-garlic sauce creates a colorful, nutritious meal. Make extra for lunch the next day!

2. **Omelet or Scrambled Eggs with Veggies**

Eggs are cheap, packed with protein, and versatile. Toss in chopped onions, bell peppers, or spinach for a filling breakfast or dinner.

3. **Chili with Beans and Veggies**

Cook a big pot of chili with canned beans, diced tomatoes, onions, and bell peppers. Freeze portions for easy lunches or dinners throughout the week.

4. **Sheet Pan Roasted Vegetables and Chicken**

Roast a tray of seasonal veggies with a chicken breast or thighs.

Batch-cook and store in containers for quick, healthy meals. Want an upgrade? Try this Easy Chicken Citrus, Fennel and Onion Sheetpan Meal.



Easy Chicken Citrus, Fennel and Onion Sheetpan Meal

5. **Homemade Veggie Tacos or Burrito Bowls**

Use black beans, brown rice, sautéed onions, and any veggies you have. Top with salsa or avocado for a flavorful, budget-friendly dinner.

6. **Pasta with Simple Veggie Sauce**

Cook whole-grain pasta and toss it with sautéed onions, garlic, canned tomatoes, and herbs. Then add beans or lentils for protein instead of meat.

7. **Overnight Oats or Yogurt Parfaits**

A nutritious breakfast for under \$2 per serving. Layer oats or yogurt with fruit, nuts, and a drizzle of honey for a ready-to-go meal.

8. **Soup or Stew with Seasonal Veggies**

A big pot of vegetable soup or lentil stew is inexpensive, filling, and freezes well. Flavor with garlic, onions, and spices for depth. Try this [Turkey Onion Lentil](#)



Turkey Onion Lentil Soup



[Soup.](#)

9. **Salad Bowls with Budget Proteins**

Mix leafy greens with beans, quinoa, or chickpeas. Add roasted veggies, onions, and a simple vinaigrette. Easy to prep in advance for lunch. Try this yummy [Onion and Turkey Lime Salad](#).



Onion & Turkey Lime Salad

10. **Homemade Snack Plates**

Create snack plates with hummus, carrot sticks, cucumber slices, and whole-grain crackers. Affordable, healthy, and perfect for on-the-go snacking. Put together a charcuterie board with red pickled onions. Learn how to pickle onions.

Bonus Tips to Keep Costs Low:

- **Chop Once, Use All Week:** Prep onions, bell peppers, or carrots for multiple meals.
- **Buy Frozen or Canned:** Frozen vegetables and canned beans are just as nutritious as fresh and last longer.
- **Batch Cook:** Make big portions and freeze or store for later to avoid takeout.
- **Use Herbs & Spices:** Boost flavor without extra cost or calories.

Eating healthy on a budget is all about planning, prepping, and being a little creative. These 10 meals show that Millennials and Gen Z can enjoy nutritious, flavorful dishes without spending a fortune. Start small, stock your pantry with versatile ingredients, and watch how easy healthy eating becomes.

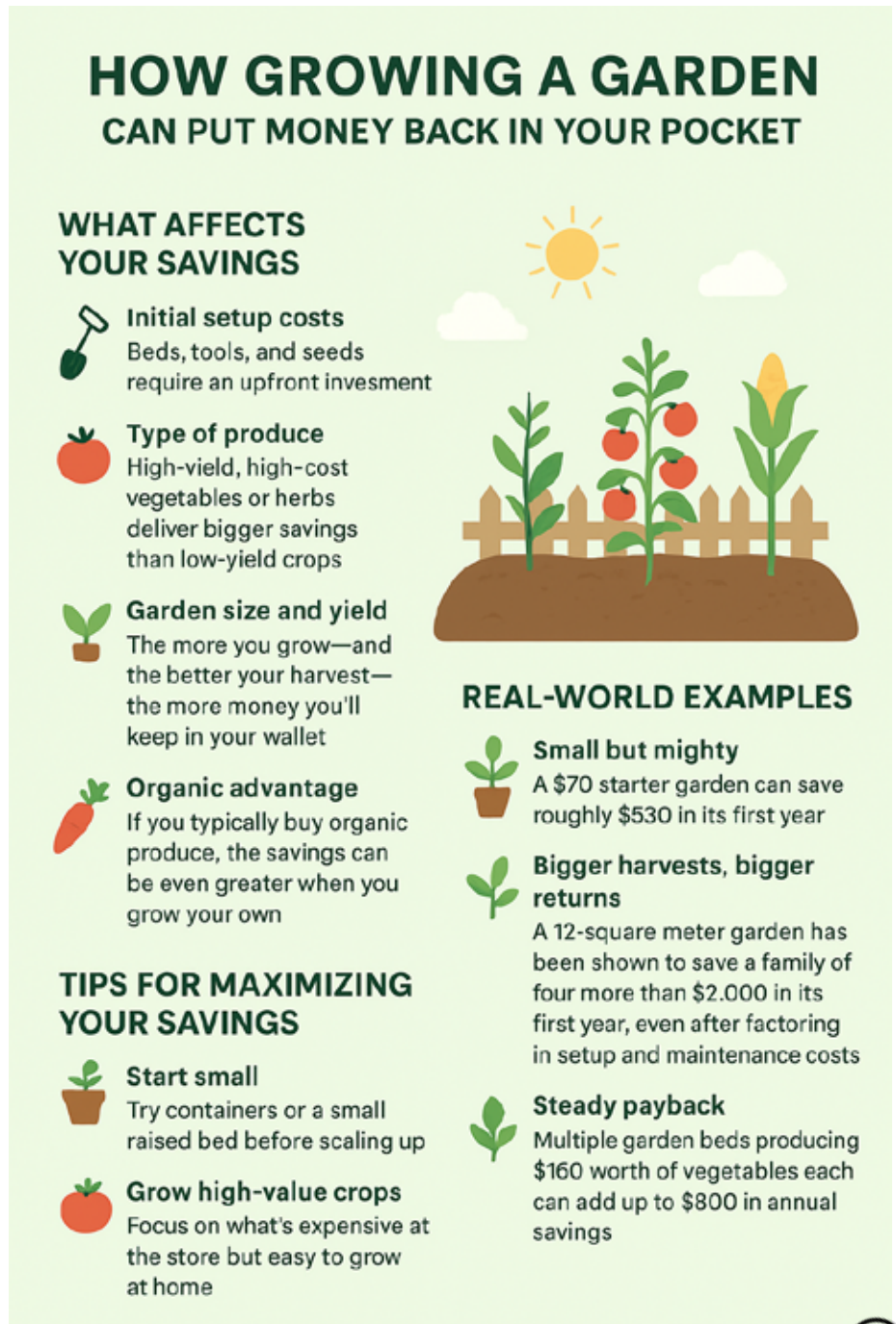
Turn Your Backyard into a \$2,000 Grocery Saver

For families looking to stretch their grocery budgets, home gardening can be a surprisingly powerful tool. Depending on the size and type of garden, a household can save anywhere from a few hundred dollars to several thousand each year.

One modest garden is estimated to bring in around \$600 in savings annually, while a larger, well-established garden that supplies half of a family's yearly vegetable needs can reduce expenses by more than \$2,000.

Of course, the actual numbers vary based on setup costs, crop choices, and yield—but one thing is consistent: a well-planned garden pays for itself over time.

Whether you're working with a balcony, backyard, or community plot, gardening can be more than a hobby—it can be a smart investment in your family's health and budget.



Do you know how to cut an onion?

Chopping an onion seems straightforward, yet many struggle with the process. It's not just about slicing — it's about technique. The layers can be slippery, and the aroma can be overwhelming. The root often confuses, leading to uneven pieces or tears.

Timing and precision are crucial; the wrong cut can alter the dish's flavor.

Many aren't taught the basics early on, relying on trial and error. Dull knives make it worse, causing slipping and frustration.

Yet, mastering the onion cut unlocks culinary confidence, enhancing dishes from stir-fries to soups. It's a skill worth honing, transforming a tearful task into a satisfying culinary triumph.

Click the photo for a tried and true guide to cutting onions.



Meet an Onion Grower: Fagerberg Produce

It was the early 1980s, and the farm crisis was devastating agriculture across the Midwest. Foreclosures, bankruptcies, and lending failures were widespread, in an era many compared to the Great Depression.

Lynn Fagerberg, whose family had been farming in the Eaton, CO, area since the 1880s, was determined to persevere despite the economic environment.

"The market was terrible — demand was weak, and prices were worse," Fagerberg recalled. "Every day, I loaded onions in the back of my pickup, stopped in at local retailers, and visited buyers. Eventually, one of the quality-control managers told me, 'You have the best onions.' From then on, they started buying. That's how we got our foot in the door — and we stayed."

That persistence laid the foundation for Fagerberg Produce, which has since grown into a 2,500-acre family farm across



northern Colorado. Today, the operation produces onions on 1,500 acres — white, yellow, and red — using both machinery and hand labor. Wheat, corn, and alfalfa serve as rotational crops to maintain soil health. What began with local buyers has expanded to supply not only Colorado's major grocery chains, but retailers nationwide. Their

motto remains simple: "Service and quality."

The Fagerberg family originally farmed grain in the 1880s, when irrigation was not yet established in the semi-arid plains. Over time, canals diverted water from the Poudre River to eastern Colorado, helping Weld County become one of the country's most productive agricultural regions. Onions were introduced to the farm in 1948.

Lynn's son Ryan now runs the operation.

The Fagerberg family

The Fagerberg family began growing onions in northeastern Colorado in 1948, when Dave Fagerberg planted the first fields. His son Lynn Fagerberg launched his own operation in the late 1960s and built a packing shed by the early 1980s. Lynn's son Ryan now runs processing, sales and human-resources, while Lynn has begun to step back entrusting farm operations to a new farm manager.

To support crop rotation and soil health, they also grow corn, winter wheat, and alfalfa — often sold to local dairy farms.



Ryan Fagerberg

Fagerberg Produce sits in the middle of Weld County, Colorado — a place many people drive through without realizing it's one of the most productive farming areas in the entire country. Weld County is actually Colorado's No. 1 producer of food and agricultural products, and year after year it lands in the top 10 counties nationwide for the value of what it grows and raises.

A Look at the Scale

Imagine 4 million acres stretching across northern Colorado. About 2.5 million of those acres are devoted to farming and livestock, and nearly 900,000 acres are planted in crops each year. More than 300,000 acres have

irrigation systems that help feed the fields.

What's Grown Here

Weld County is a powerhouse for both animals and crops. Cattle, milk, poultry, and eggs make up most of the region's agricultural value, with cattle alone bringing in close to a billion dollars a year. On the crop side, you'll find wheat, corn, sugar beets, hay, beans, and vegetables growing across tens of thousands of acres. There are even thriving greenhouse and nursery businesses adding to the mix.

Why This Region Thrives

The land is supported by a historic network of canals and reservoirs pulling from the South Platte River. Add in rich soils, sunshine, and a long growing



season, and you get a place where farming truly flourishes.

All together, Weld County produces nearly \$2.4 billion worth of food every year. It's a quiet but impressive engine that helps feed Colorado and beyond.