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INSIDE ONIONS

Consumer Newsletter



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December 2025

- Festive, budget-friendly holiday decor
- **Video Recipe:** Easy Turkey and Stuffing
- Activities for little ones still at home
- Onionista Blog: Creative Holiday Leftover Recipes with Onions
- Meet a sustainable onion grower - Madison Ranches
- Download our Nature's Ninja playbook filled with onion nutrition information, preparation and cooking tips, and recipes

What Is Nature's Ninja?

It is the onion, a phenom of Mother Nature that deserves higher praise for its stealth, its endurance and its adaptability and sustainability. 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.



In Season

Storage onions will harvest this month and be available through May of next year. Storage onions are amazing in that they can last for months in cool storage.



Available August-May

- Easy to recognize by their multiple layers of thick, darker colored skin
- Commonly lower in water content, they have a longer shelf-life

- Range in flavor from mild to pungent

* Best for savory dishes that require longer cooking times or more flavor





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.

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.

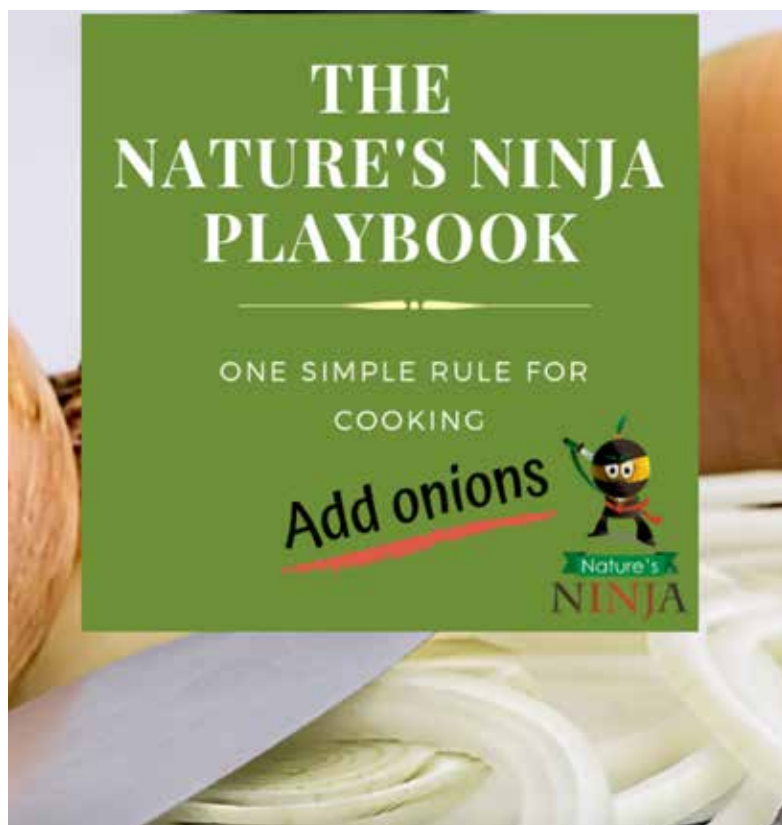
Members of NOA rely on the non-profit trade association for

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

Need onion info?

The National Onion Association has released its ebook, Nature's Ninja Playbook, a guide for selecting, cutting, and cooking onions, along with handy tips and tasty recipes to include onions in every meal of the day.

The NOA has nicknamed the onion "Nature's Ninja" for the many qualities it possesses to stay fresh and — keep those who eat it healthy. It has 12 vitamins and minerals is naturally fat and cholesterol free.



DIY CORNER

Budget-Friendly Holiday Décor: Festive Ideas with what you already have

The holidays don't have to drain your wallet to make your home feel festive and warm. In fact, some of the best decorations are the ones you can create with what you already have on hand—or what you can find outside your front door. This season, try a few of these budget-friendly holiday décor ideas that double as fun family projects.

Pinecones from the yard

Pinecones are nature's ornaments. Gather a basketful during a family walk, then use them as centerpieces, wreath accents, or even tree decorations. A little white paint on the tips or a sprinkle of glitter gives them a frosted, wintry look.

Paper snowflakes

Nothing says "holiday magic" like paper snowflakes hanging in the window. All you need is plain paper and scissors. Kids can help cut out shapes, and the variety of designs will make every snowflake unique. For extra sparkle, brush with glue and dust lightly with glitter.

Repurposed jars as lanterns

Glass jars you already have in the pantry can quickly become glowing holiday lanterns. Place a tea light or battery-operated candle inside, then wrap jars with ribbon or twine. For



a frosty effect, coat the glass with a thin layer of white craft glue and sprinkle with salt or Epsom salt.

DIY wreaths

You don't need to buy an expensive wreath from the store. Use branches, greenery, or ribbon you already own to create a one-of-a-kind piece for your door. Pine boughs, holly, or even leftover ornaments can be woven into a festive circle of cheer.

With a little creativity, you can fill your home with holiday warmth without spending much at all. These simple projects are not just decorations—they're memories in the making.

Did You Know?



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-in-

flammatory 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.

Consumption of onions may prevent gastric ulcers by inhibiting the growth of ulcer-forming micro-organism *Helicobacter pylori*. This is significant because good "gut health" is strongly associated with prevention of chronic diseases and healthy aging.

BEST USES

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

Video Recipe

Turkey & Onion-Cherry Stuffing

If you've ever opened a recipe and immediately closed it because it seemed more difficult than your kitchen skills can muster, this one's for you. The National Onion Association's Turkey Spiral with Onion-Dried Cherry Stuffing tastes amazing, but the technique can scare off even confident home cooks. So we reworked it into a version that keeps every bit of the flavor while cutting out the steps that take too much time.

[Go to the recipe.](#)

This easier approach turns the dish into a simple roasted

turkey breast paired with that same rich onion-and-cherry stuffing — just baked separately instead of wrapped inside a spiral.

The taste doesn't change; the stress level does. You still get the sweet onions, the warm herbs, and the tart pops of cherry, but in a format that fits real life and busy schedules. It's a dependable, quicker way to enjoy a classic flavor combo without the extra effort. This will take about 30 minutes to prepare and a total of two hours to cook.



Ingredients

6 tablespoons butter, salted
1/2 cup diced celery
1 cup diced yellow onions
1/2 cup diced mushrooms
1/2 teaspoon salt
1/4 teaspoon pepper, ground
1-1/2 teaspoons minced garlic

4 cups diced day old bread
1-1/2 teaspoons minced fresh sage
1-1/2 teaspoons minced fresh rosemary
1-1/2 teaspoons minced fresh thyme
1/4 cup minced fresh parsley
1/8 teaspoon celery seed
1/3 cup hazelnuts, toasted, chopped
3/4 cup dried tart cherries, coarsely chopped

1/2 cup turkey or chicken broth (increase to 1 cup for moister stuffing)
2 large eggs, beaten

Directions

Prepare the turkey:

Place the turkey breast (bone-in or boneless) on a baking sheet or in a roasting pan, skin side up. Pat it dry and rub it with melted butter, salt, pepper, and your preferred herbs. Roast at 325°F until the internal temperature reaches 165°F. Depending on size, this usually takes 1-2 hours. Baste occasionally with pan drippings if desired.

Make the stuffing:

While the turkey is backing, chop veggies, mince herbs, toast hazelnuts and chop cherries. Set aside .

In a heavy saucepan over medium heat, sauté the first set of ingredients for 7–10 minutes, until they begin to brown. Add the second set of ingredients and continue cooking for another 5 minutes. Remove from heat. Stir in the broth and eggs until fully combined. Set aside and let the mixture cool.

Bake the stuffing separately:

Transfer the cooled stuffing mixture to a buttered baking dish. Spread evenly. Bake at 375°F for 30–40 minutes, or until the top is lightly crisp and the center is heated through.

Let the turkey rest for 10 minutes. Slice the turkey breast, then serve alongside generous scoops of the warm stuffing. Makes about 12 servings.



Ready for some fun kids activities?



There are bound to be times when the little ones need something to do so you can get everything else done!

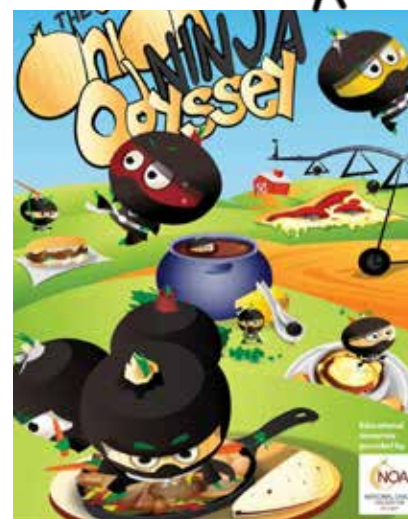
Nature's Ninja to the rescue. The NOA has created this one-of-a-kind, downloadable coloring book, filled with fun pictures and an educational story about farming and friendship.

The Onion Ninja Odyssey is a downloadable coloring book that teaches the nutrition basics of onions while taking readers through a fun journey of how The

Onion – Nature's Ninja has come to be. From the field to your plate, the onion has a wonderful journey that spans the agricultural ages, resulting in a powerful ninja, whose skills keep those who eat it safe, while providing solid nutrition and disease-fighting properties.

The NOA also has a downloadable activities book. But like all action heroes, our ninja has to grow and train to become Nature's Ninja.

[Click here to download activities for pre-schoolers.](#)



Busy Hands

Did you know writing by hand makes kids smarter?

The use of pen and paper gives the brain more 'hooks' to hang your memories on. Writing by hand creates much more activity in the sensorimotor parts of the brain. A lot of senses are activated by pressing the pen on paper, seeing the letters you write and hearing the sound you make while writing. These sense experiences create contact between different parts of the brain and open the brain up for learning. We both learn better and remember better," says professor

Audrey Van der Meer at NTNU.

She believes children being should be challenged to draw and write at an early age. Today's digital reality is that typing, tapping and screen time are a big part of children's and adolescents' everyday lives.

"Given the development of the last several years, we risk having one or more generations lose the ability to write by hand. Our research and that of others show that this would be a very unfortunate consequence" of increased digital activity, says Meer.

Blog

Creative Holiday Leftover Recipes with Onions

The holidays are a time for abundance—and sometimes, too much food. If you're staring down mountains of leftover turkey, roast beef, or ham, don't worry. With a few simple tricks and the magic of onions, you can turn yesterday's meals into exciting new dishes. These holiday leftovers recipes are easy, flavorful, and perfect for giving your taste buds a second holiday treat.

Why Onions Make Leftovers Shine

Onions are the secret ingredient that elevate any leftover dish. Caramelized onions add a sweet, rich depth to sandwiches, casseroles, and hashes, while raw or sautéed onions can provide crunch and brightness. By incorporating onions into your leftover recipes with onions, you add flavor and freshness that makes old meals feel new again.

1. Turkey and Caramelized Onion Hash

One of the easiest ways to reinvent leftover turkey is with a savory hash. Dice your turkey and toss it with cubed potatoes, onions, and a little bell pepper. Sauté everything in olive oil or butter until the onions are soft and golden. Top with a fried egg for breakfast, lunch, or a cozy dinner.

This simple recipe shows how holiday leftovers made new can taste better than the original meal—thanks to the sweet, savory punch of onions.

2. Roast Beef and Onion Sandwiches

Transform leftover roast beef into a gourmet-style sandwich. Start by caramelizing onions slowly in butter until golden brown. Layer them with thin slices of roast beef, cheese, and a smear of mustard or horseradish sauce on a hearty roll or baguette.

The result is a satisfying sandwich with layers of flavor where the onions shine. This is a perfect way to enjoy leftover recipes with onions during a busy holiday week.

3. Festive Onion-Stuffed Potatoes

Leftover mashed potatoes don't have to be boring. Scoop out baked potato halves and fill them with a mixture of mashed potatoes, sautéed onions, leftover turkey or beef, and a bit of shredded cheese. Bake until warm and bubbly.



This creative twist turns basic leftovers into a show-stopping side or main dish, making holiday leftovers made new for your table.

4. Leftover Turkey Soup with Onions

Another great way to use leftovers is in a hearty soup. Chop turkey, carrots, celery, and onions, then simmer in a rich broth. Add herbs like thyme or rosemary for holiday flair. The onions provide a natural sweetness and depth that makes your soup taste freshly made.

A warm bowl of turkey and onion soup is comforting, budget-friendly, and a perfect use for extra holiday leftovers.

5. Savory Onion and Meat Casserole

Casseroles are the ultimate leftover solution. Mix leftover meat, cooked rice or noodles, sautéed onions, and any remaining vegetables. Top with bread-crumbs or cheese and bake until golden. Onions melt into the mixture, giving

your leftover recipes with onions a rich, savory base that makes each bite irresistible.

Turning your holiday leftovers into exciting meals doesn't have to be complicated. By incorporating onions into your dishes, you add flavor, richness, and a fresh twist that will make your holiday leftovers made new. From turkey hashes and sandwiches to casseroles and soups, these leftover recipes with onions are simple, delicious, and sure to keep the holiday spirit alive—even after the main feast is over.

Tips for Using Onions in Leftovers

- Caramelize for Sweetness: Slowly cook onions in butter or oil to bring out natural sugars.
- Add Raw for Crunch: Thinly slice red onions for sandwiches or salads to add texture.
- Mix with Herbs: Onions pair well with thyme, rosemary, or sage for holiday flavors.
- Balance Flavors: Onions can balance salty or rich leftovers, keeping meals vibrant.

Agriculture and the Rise of Sustainable Energy

The agricultural sector has long met the challenge of environmental responsibility with their careful stewardship of the land. Many farmers also are embracing sustainable energy solutions. Farmers and agricultural enterprises are increasingly adopting practices to enhance productivity while preserving resources for future generations.

Wind energy is gaining traction, with many farms using wind turbines to generate electricity for their operations.

In addition, bioenergy is playing a critical role in sustainable agriculture. By converting organic waste into biogas, farms are creating a closed-loop system that reduces waste while producing energy for heating or machinery. This approach exemplifies how agriculture can innovate to minimize its carbon footprint.

Sustainable energy is also improving water management through solar-powered pumps and advanced irrigation techniques. These systems ensure water is used efficiently, protecting this vital resource.

The integration of renewable energy into agriculture represents more than a cost-saving measure; it is part of a long-term commitment to environmental stewardship. By harnessing sustainable energy, the agricultural industry is not only reducing its environmental impact but also ensuring that farms remain resilient in the face of climate change.

As these practices continue to evolve, they underline a powerful truth: agriculture and sustainability can go hand in hand to support a healthier planet.

Meet an Onion Grower

The Madison Family from Echo, Oregon, have grown from a 160-acre dryland wheat homestead in 1914 to a diversified and very efficient, irrigated farm. They arm nearly 10,000 irrigated acres growing a variety of crops that include Alfalfa hay, Alfalfa seed, Blue grass seed, Canola, Grain Corn for cattle feed, Timothy hay for export, Fresh yellow and red onions, Dehydrator onions, Sweet corn, Buckwheat, and various other forage crops. We lease ground out for Potatoes, Peas, Beans, Rye and Fescue grass seed, and Organics. Meet 4th generation farmers Jake and Heather Madison and their children.



Madison Ranches has been on the forefront of water conservation and innovation for several decades. Their lack of water supply has forced them to develop highly efficient, and unconventional irrigation practices. They employ real-time soil moisture probes and weather stations in their fields, and real-time flow meters and pressure gauges on all of their pump stations. This allows us to always ensure that the system is running as efficiently

as possible, greatly reducing the ranches demand on power and squeezing the most production out of every drop of water we pump. Having all this data at our fingertips allows us to make informed decisions on the fly as conditions change.

Aquifer Storage and Recovery

Madison Ranches conserves water using the patented 3R Valve, which is an Aquifer Storage and Recovery Valve. They are able to store ground water in the deep aquifer for later use during the dry season. This re-



duces their total water usage and allows them able to run their well pump motors in reverse to create another form of green energy during the down-hole aquifer injection.

Wind Energy

Madison Ranches has 18 wind turbines on its farm properties. Helping reduce CO2 emissions and generating power to be sold back to

the grid, Madison Ranches is combining Green Technology with Agriculture.

Oregon Trail

Madison Ranches has about four miles of the Oregon Trail that crosses its property. Wagon wheel ruts are visible for about a quarter mile and the family's goal is to keep them preserved.