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Consumer Newsletter



January 2026 | Issue No. 1 | National Onion Association



January 2026

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- Onionista Blog: Kitchen goals for 2026
- Meet an onion grower - Peri & Sons
- Download our Nature's Ninja playbook filled with onion nutrition information, preparation and cooking tips, and recipes

10 things to do in January

1. Set New Year's resolutions and try a new habit.
2. Enjoy winter fun—ice skating, sledding, or building a snowman.
3. Celebrate National Bubble Bath Day (Jan 8) with a relaxing soak.
4. Curl up with a favorite book or start a cozy reading challenge.
5. Plan your year—organize calendars, budgets, or meal plans.
6. Experiment with hearty soups for National Soup Month.
7. Go stargazing on crisp, clear winter nights.
8. Try a new hobby or craft indoors.
9. Donate blood for National Blood Donor Month.
10. Host a cozy movie marathon or winter-themed game night.



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.





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.

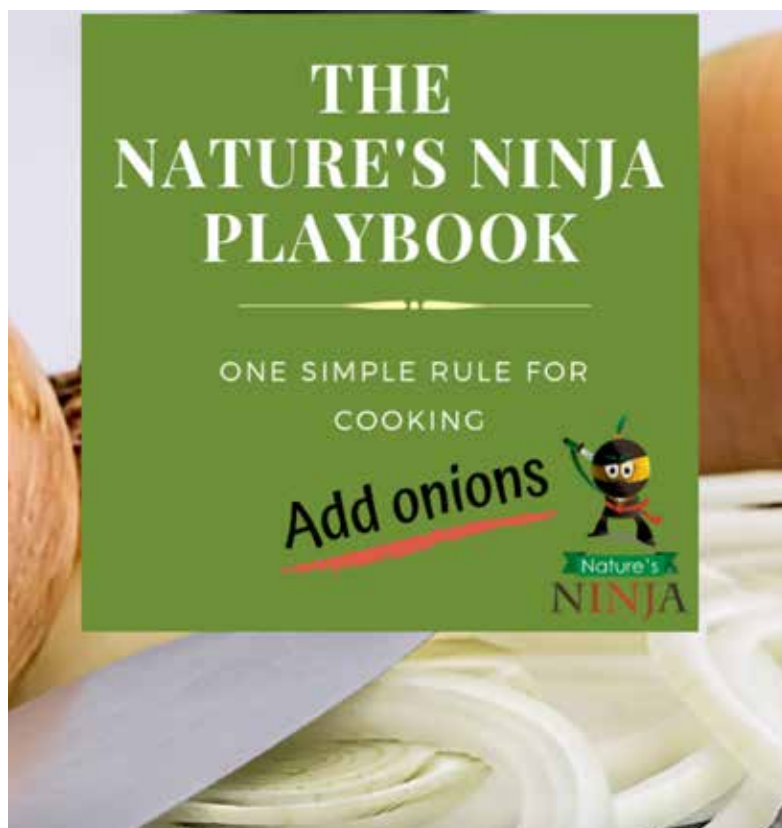
Members of NOA rely on the non-profit trade association for

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.



National Soup Month

Savor the Season: Delicious soups to get you through the month

January is National Soup Month, a cozy celebration of one of the world's most comforting and versatile dishes. It's the perfect time to warm up your kitchen, experiment with flavors, and even explore healthier eating while keeping your meals hearty and satisfying. Here's how to make the most of this delicious month.

1. **Experiment with New Recipes:** National Soup Month is a great excuse to try something different. Step outside the classic chicken noodle or tomato soup and explore international flavors like Thai coconut curry, French onion, or Moroccan lentil soup. You can also play with textures—pureed creamy soups, chunky stews, or cold soups like gazpacho offer variety for every palate.

2. **Use Seasonal and Local Ingredients:** January is the height of winter, so take advantage of fresh, seasonal produce. Root vegetables like carrots, potatoes, parsnips, and onions add warmth and nutrition, while winter greens like kale and cabbage boost flavor and color. Local farmers' markets are a treasure trove of fresh ingredients that make soups taste even better.

3. **Make It a Meal-Prep Month:** Soups are perfect for meal prep. Cook a large batch at the beginning of the week and



Slow Cooker French Onion



Curried Caramelized Onion Apple



Vegetable Rice



Onion Carrot Ginger



Onion & Sweet Potato w/Bacon

store portions in the fridge or freezer. This saves time, reduces food waste, and ensures you always have a healthy, home-made meal ready to go. Bonus: soups often taste even better the next day as flavors meld.

4. **Get Creative with Toppings and Sides:** Elevate simple soups with toppings like fresh herbs, croutons, grated cheese, or a swirl of yogurt. Pair soups with homemade bread, garlic toast, or a crisp salad for a complete, satisfying meal.

5. **Make It Social:** Celebrate National Soup Month with friends or family. Host a soup-tasting night where everyone brings their favorite recipe. You could even turn it into a "Soup Swap," exchanging recipes and containers of homemade soup to try new flavors.

6. **Focus on Nutrition:** Soups are an easy way to boost your daily vegetable intake. Incorporate beans, lentils, whole grains, or lean proteins to make soups balanced, hearty, and filling. You can enjoy comfort without compromising on nutrition.

Celebrating National Soup Month is all about embracing warmth, creativity, and health. From trying bold new recipes to sharing bowls with loved ones, soup brings comfort to the coldest days of the year. Whether you're a seasoned cook or a kitchen newbie, there's no

BEST USES

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

Staying Energized in Winter Without Caffeine Overload



Winter's short days and cold weather can drain energy fast, leading many people to reach for extra coffee just to get through the day. While caffeine helps briefly, too much often causes crashes later.

One simple fix is hydration. People tend to drink less water in winter, but even mild dehydration can lead to fatigue. Sipping water throughout the day—especially between cups of coffee—helps support steady energy.

Balanced snacks also make a difference. Sugary treats give quick bursts followed by slumps. Pairing protein with fiber, like yogurt and fruit or nuts and whole-grain crackers, helps energy last longer.

Meal timing matters, too. Skipping meals or eating late can throw energy off. Regular meals and planned snacks keep fuel consistent.

Finally, light movement helps fight sluggishness. Short walks, stretching, or standing up regularly boost circulation and alertness. Winter energy isn't about more caffeine. It's about small habits that keep you feeling steady, focused, and ready for the day.

The Hidden Cost of Food Waste — and How to Avoid It in January

After the holidays, many households focus on budgets and routines—but food waste often gets overlooked. Tossing spoiled produce or forgotten leftovers may seem small, but over time it adds up, hitting your wallet, schedule, and nutrition.

Every item thrown away costs money. Replacing unused ingredients means extra trips to the store and higher weekly bills. Time is also at stake—running back for forgotten items adds errands, decisions, and stress. Organized, intentional use of food makes meals and snacks come together faster.

Nutrition suffers most when fresh foods go unused. Fruits, vegetables, and proteins are the most likely to be wasted, yet they're also the most beneficial. When tossed, families often turn to packaged or convenience foods instead.

The good news? Cutting waste is easier than it seems. Keep foods you'll use soon at eye level in the fridge and store longer-lasting items elsewhere. Clear containers help you see what's available. Freeze extras like cooked grains, soups, chopped vegetables, or bread, and label them with dates. Before shopping, check your fridge and pantry to plan meals around what you already have.

This January, treat your home like a fresh start. Wasting less saves money, protects your time, and makes the most of the food already in your kitchen—while creating habits that last all year long.

Jan. 8 - National Bubble Bath Day



National Bubble Bath Day, celebrated each year on January 8th, is a playful reminder to slow down and indulge in a little self-care. It's the perfect excuse to fill the tub with warm water, fragrant bubbles, and perhaps a few relaxing candles. Beyond the fun, bubble baths offer stress relief, soothe sore muscles, and create a quiet space to recharge. Whether solo or with loved ones, this day encourages everyone to soak, unwind, and embrace simple relaxation.

Kids Are Tougher Than You Think: Staying Comfortable Outdoors in Winter

Parents often worry that cold weather will automatically make kids sick or unsafe outside. In reality, children's bodies are surprisingly resilient, and spending time outdoors in winter can be both healthy and fun when a few basic guidelines are followed.

Kids regulate body temperature well when they're moving. Running, climbing, sledding, and playing generate heat quickly, which means they often feel warmer than adults expect. That's why many kids insist they're fine even when parents are bundled up. Cold air alone doesn't cause illness—germs do—and fresh air can be a welcome break during winter months.

That said, the right gear still matters. Hats are important when temperatures drop near freezing or when wind is strong, since heat escapes quickly from the head and ears. Gloves or mittens become necessary once kids stop moving as much or when snow



is involved. Mittens tend to keep hands warmer than gloves, especially for younger children. Boots are essential anytime there's snow, slush, or icy ground. Dry feet help kids stay comfortable longer, and waterproof boots prevent cold, wet socks that can cut outdoor play short. Wool or thick socks add warmth without

bulk.

A good rule of thumb is to dress kids in layers and check in after the first 10–15 minutes outside. If they're warm, active, and dry, they're likely dressed just right. Winter play doesn't need to be feared. With simple precautions, kids can enjoy the cold—and often thrive in it.

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.

Video Recipe

Almond, Onion & Saffron Soup

Looking for a cozy soup to celebrate National Soup Month? Brian Glover's Onion, Almond, and Saffron Soup from "The Onion Cookbook" is a perfect choice. This comforting bowl feels special without requiring hours in the kitchen. Made with simple ingredients—onions, toasted almonds, delicate saffron threads, and chicken broth—it yields a smooth, golden soup with layered flavors.

The onions bring gentle sweetness and important nutrients like vitamin C and fiber, while almonds add protein and healthy fats. Saffron lends a warm color and subtle fragrance, elevating the dish.

What makes this recipe especially appealing is its simplicity. Just sauté, simmer, and blend — no tricky techniques involved. It's perfect for a week-night dinner, a family gathering starter, or a way to involve kids in the kitchen. Little hands can measure almonds, press the blender buttons, or sprinkle in saffron threads.

Even picky eaters will enjoy this soup. Cooking the onions until soft and then blending them creates a silky texture and mellow flavor, making it an easy introduction to onions for those who usually avoid them.

It's a cozy way to warm up winter evenings while enjoying a dish that's both nourishing and delicious.



Ingredients

- 2 large yellow onions
- 3 tbsp butter
- 1 tsp chopped garlic
- about 12-20 threads saffron
- 2 oz toasted, sliced almonds
- 3 cups chicken broth
- 3 tbsp cooking sherry
- 1 teaspoon salt



Directions

Cook sliced onions with butter and garlic for 15-20 minutes over medium heat until onions are soft, stirring constantly.

Add saffron threads to pan; cook 3-4 minutes. Grind almonds to a fine powder, then add them to the pan, cook 2-3 more minutes, stirring frequently.

Add sherry and broth to pan, and 1 tsp salt, and bring to a boil; reduce heat and simmer for 10 minutes.

Pour soup in a blender, and process until smooth (about 30 seconds or desired consistency).

Pour into clean pot, and heat slowly to desired temperature; serve immediately. Add almonds and dried parsley to garnish.

Prep and cook time:

40 minutes

Serves: 4



Per serving: 241 calories; 4.2 g protein; 12.4 g carbohydrate; 143 g fat; 4.4 g sugars; 21.4 mg cholesterol; 2.7 g fiber; 66 mg sodium.



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!

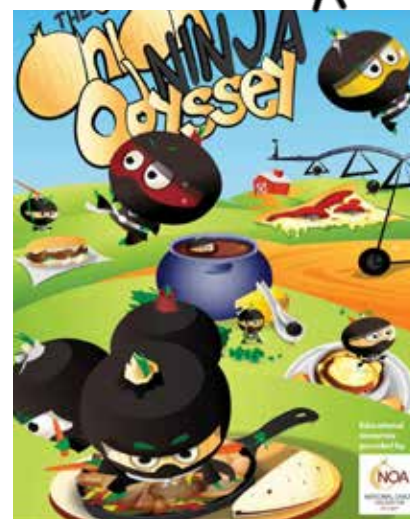
Nature's Ninja to the rescue. The NOA has created this one-of-a-kind, downloadable coloring book, filled with fun pictures and an educational story about farming and friendship.

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

New Year, New Kitchen Goals: Easy Resolutions for 2026

As 2026 approaches, many of us are thinking about resolutions—fitness, finances, or personal growth. But have you considered setting kitchen goals this year? Simple, realistic kitchen resolutions can improve your health, save money, and make cooking more enjoyable. Whether your goal is to cook more meals at home, reduce food waste, or experiment with new recipes, the new year is the perfect time to get started.

Cook More Meals at Home

One of the easiest ways to improve your diet and save money is by cooking at home more often. Eating out frequently can be expensive and usually comes with extra calories or ingredients you don't need. Start by setting a goal to prepare three or four dinners at home each week.

Keep your pantry stocked with versatile staples like pasta, rice, beans, and frozen vegetables, so you always have the basics on hand. Cooking at home also allows you to experiment with fresh ingredients, seasonings, and flavors tailored to your family's tastes. Over time, these simple habits can turn home cooking into a fun and rewarding routine.

Reduce Food Waste

Food waste is a common challenge, but 2026 is the perfect year to tackle it. Start by organizing your fridge and pantry so you can clearly see what you already have. Plan meals around leftovers and use up ingredients before they spoil.

Try simple hacks like freezing extra bread, repurposing roasted vegetables in soups, or turning overripe fruit into smoothies. Not only does this save money, but it also reduces your environmental footprint. Making small changes to reduce food waste can have a big impact on both your budget and the planet.

Try One New Recipe Each Week

If your kitchen routine feels repetitive, challenge yourself to try at least one new recipe each week. It could be a creative side dish, a fun dessert, or a fresh take on an old favorite. Exploring new flavors and cooking techniques keeps mealtime exciting and helps you expand your culinary skills.

Consider using seasonal ingredients, experimenting with international cuisines, or making healthier versions of your favorite dishes. Even small weekly experiments can boost your confidence in the kitchen and bring more variety to your meals.



Use a Meal Planner or Recipe Tracker

Staying organized is key to achieving your kitchen resolutions. A meal planner or recipe tracker can help you plan weekly meals, track grocery needs, and monitor your progress. By writing down what you want to cook, you can streamline grocery shopping, avoid duplicate purchases, and reduce weekday stress.

To make it even easier, we're offering a free downloadable 2026 meal planner and recipe tracker, designed to help you stay on track with meal prep, leftover management, and trying new recipes. This tool is perfect for busy families and anyone looking to keep their kitchen goals organized.

Set Realistic Goals

The most important part of any resolution is making it achievable. Don't overwhelm yourself by trying to overhaul your entire kitchen routine overnight. Start with small, manageable goals and build habits gradually.

For example, pick one day per week to try a new recipe, dedicate one night to cooking a homemade dinner with your family, or plan meals around ingredients that need to be used first. Small steps lead to long-term success, turning your kitchen into a place of creativity, nourishment, and enjoyment.

Wrap-Up

"New Year, New Kitchen Goals" isn't about perfection—it's about making thoughtful, practical changes that improve your life and your meals. By cooking more meals at home, reducing food waste, trying new recipes, and staying organized with a meal planner, you can make 2026 your most delicious and efficient year yet. Start small, stay consistent, and enjoy the process of making

Meet the Peri Family

Peri & Sons Farms sells over 450 million pounds of onions throughout the U.S. and across the globe. Their onions are shipped year-round directly from their family-farms in Yerington, Nevada, and the San Joaquin and Imperial Valleys of California.

Peri & Sons is the only grower of Sweetie Sweet® onions. Their proprietary variety is available between August and December. They also are a select grower of Sunions®, a tearless sweet onion available from Decem-



ber through March.

Peri & Sons Farms is the largest private employer in Lyon County — currently supporting over 400 full-time diverse positions including specialists in the areas of agricultural science, engineering, manufacturing, and business and information technology. The company also supports a seasonal workforce of over 2,100 employees. Based on recent economic impact studies, the company's direct and indirect impact on the economy in northern Nevada now exceeds \$200 million.

Meet an Onion Grower

Over a century ago, three determined Italian immigrants arrived in New York Harbor with a shared dream: the chance to work hard and one day own their own farmland. That dream became the foundation of Peri and Sons, a family legacy that has flourished for generations. .

In 1979, David Peri took the reins on 100 acres, planting the seeds for what would become a technologically advanced, multigenerational operation spanning over 7,000 acres. Despite its size, Peri and Sons remains a hands-on, family-owned farm. Every onion, garlic, shallot, and cipollini that leaves the farm reflects decades of experience, dedication, and a passion for growing the best produce possible.



Agriculture in Nevada plays a significant role in the state's economy, even though much of the landscape is arid desert. There are about 3,100 farms and ranches operating across roughly 5.9 million acres, with an average farm size of nearly 1,900 acres — ranking Nevada among the states with larger average farm sizes in the nation. Ranching and livestock production dominate the state's agricultural output. Cattle and calves are the leading commodities,

and Nevada's livestock operations also include sheep, goats, dairy cattle and milk production. According to recent agricultural statistics, the state's cattle inventory sits around 435,000 head, and milk production approaches nearly 780 million pounds annually.

On the crop side, irrigated land supports important commodities despite Nevada's limited rainfall. Alfalfa hay is the state's top crop by value, with more than one million tons produced each year, much of it used locally and exported to dairy



operations outside the state. Other crops include corn silage, potatoes, onions, barley, wheat, oats, garlic and honey.

Overall agricultural cash receipts in Nevada total around \$960 million annually, with crops and livestock both contributing substantially to this figure. Livestock and related products, especially

beef and dairy, account for a large share of that value, while crop sales add hundreds of millions more.

Even with its challenging climate, Nevada continues to produce a wide range of agricultural products that support local communities and contribute to food systems both within and beyond the state.