



Recipes
Tips & Tricks
Nutrition Info

INSIDE ONIONS

Consumer Newsletter



March 2026 | Issue No. 3 | National Onion Association



March 2026

- Make extra and freeze for later
- Keep your cutting board odor-free
- New coloring book for kids: Ollie & Olivia's Kitchen Adventure
- Recipe Box: Irish Nachos with Cider Braised Onions
- Onionista Blog: You CAN turn onion haters into onion lovers
- Meet an onion grower: The Davis Family
- Download our Nature's Ninja playbook filled with onion nutrition information,

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

Colorectal Cancer Awareness Month

National Colorectal Cancer Awareness Month reminds us that early detection is key to treating colorectal cancers. The month-long observance shines a spotlight on risk factors, research, and aims to raise awareness.

You can help prevent colorectal cancer with your diet. A 2019 study in China found that regular consumption of allium vegetables (of which the onion is a member) could **reduce the incidence of colorectal cancer by as much as 79 percent**. The study recommended consumption of 35 pounds of alliums per year.

(That's slightly higher than the average American consumption of onions, which sat at 21.26 pounds per person in 2024). Add more onions and garlic to that mix and you may just hit that 35 pounds.



#ColorectalCancerAwarenessMonth



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.

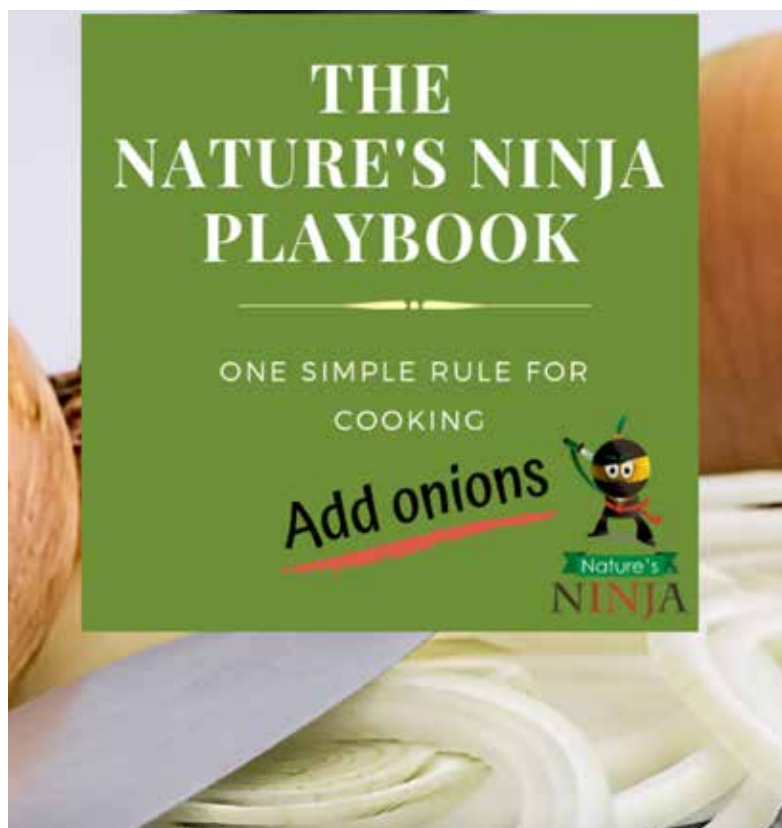
Members of NOA rely on the non-profit trade association for

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.



Go ahead and make extra

Freezing turns big meals into many

Winter is when many of us naturally cook more at home. Comfort foods, warm kitchens, and slower evenings make it easier to prepare meals from scratch—and often in larger batches. That extra food doesn't have to go to waste. With a little planning, it can become future meals that save time and effort later on.

Freezing food isn't about settling for leftovers. When done well, it's a simple way to stretch meals, reduce waste, and avoid cooking every night. A big meal doesn't have to mean repetition. The freezer helps turn today's cooking into flexible options for the weeks ahead.

Rule one: freeze food at its best.

If something already looks tired in the fridge, freezing won't rescue it. Freeze leftovers, cooked meals, or fresh ingredients while they still taste good. This locks in flavor and texture, so when you pull it out weeks later, it still feels like real food, not an afterthought.

Rule two: think of leftovers as building blocks.

A big pot of soup, sauce, or grains doesn't have to be eaten the same way all week. Freeze portions so they can become different meals later—soup one night, sauce over pasta another, or grains added to a quick skillet. Cooking once can support several meals instead of repeating the same plate.

Rule three: know how long food keeps in the freezer.

Most cooked leftovers are best used within two to three months for the best flavor and texture. They're safe longer if frozen properly, but quality starts to slip after that window. Sauces, soups, and casseroles hold up especially well, while dishes with a lot of dairy or delicate textures are better used sooner. Keeping a rough rotation helps ensure frozen food still feels worth eating.



Rule four: air is the enemy.

The more air in the container, the more freezer burn you'll get. Use freezer bags, press out excess air, and freeze flat for quicker thawing and easy stacking.

Rule five: portion with intention.

Freeze food in meal-sized or single-serving portions. This gives you flexibility and keeps you from reheating more than you need, which is where waste usually starts.

Rule six: label, thaw, and reheat thoughtfully.

Write the contents and date on everything. Thaw in the fridge when you can, add a splash of liquid when reheating, and stir halfway through to bring food back to life. Freezing isn't about settling for leftovers. It's about cooking big on purpose—and giving yourself better options later.

BEST USES

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

Recipe box

CATEGORY:

Appetizers

PREP TIME:

20-30 min-

COOK TIME:

45 minutes



[Click photo for recipe directions](#)

Irish Nachos with Cider-Braised Onions

Potatoes

2 ½ lb. Russet potatoes, sliced at 1/8 to 1/4-inch thickness**

4 cups cold water

½ cup white distilled vinegar

Oil for frying, such as peanut oil

Fine ground sea salt

Braised Onions

2 tablespoons unsalted butter

1 large yellow onion, sliced

4 oz. dry Irish cider*

Nacho Toppings

4 oz. cheddar cheese, shredded

4 oz. cooked bacon, crumbled

3 tablespoons sour cream

1 jalapeño pepper, diced, ribs and seeds removed

¼ cup diced red onion

Did you know Irish Nachos were created in America?

Irish Nachos weren't born on the rocky shores of Ireland, but thousands of miles away in the lively pubs of the United States, where cooks had a knack for blending traditions.

The story often begins in busy American Irish pubs during the 1970s and 1980s. Pub owners wanted something festive for St. Patrick's Day — something that felt familiar, hearty, and perfect with a pint. Traditional nachos, with their tortilla chips, were already popular. But in kitchens run by families proud of their Irish roots, someone had a simple, brilliant idea: replace the tortilla chips with thin-sliced potatoes.

When those potatoes hit the fryer, they turned golden and crisp. Covered with melted cheese, bacon, green onions, and sometimes sour cream, the dish looked like nachos—but tasted like Ireland's favorite comfort food.

They were called "Irish" not because they came from Ireland, but because potatoes are one of Ireland's

most famous foods. For generations, potatoes fed Irish families through good times and hard times. They became a symbol of Irish identity, resilience, and home.

Irish Nachos were original because they told a new story. They were American creativity mixed with Irish heritage. They honored the old ingredient while inventing something new.

Soon, the dish spread from one pub to another. Today, Irish Nachos are served across the country, especially in March, reminding people that sometimes the most original traditions are born when cultures meet, share, and celebrate together—one crispy potato slice at a time.

How to Keep Cutting Boards Fresh, Odor-Free

Spring is the perfect time to refresh your kitchen! Cutting boards, especially those used for onions, garlic, and other strong-smelling foods, can hold onto odors and stains if not cleaned properly. Here are some simple tips to make them look and smell like new:

1. **Use Lemon and Salt:** Sprinkle coarse salt on your cutting board and rub it with a cut lemon. The salt acts as a gentle abrasive while the lemon naturally deodorizes and disinfects. Rinse with warm water afterward.
2. **Baking Soda for Tough Odors:** Sprinkle baking soda on the board, scrub with a damp sponge, and rinse. Baking soda neutralizes lingering onion smells.
3. **Vinegar Rinse:** A quick wipe-down with white vinegar helps kill bacteria and remove odors. Let it sit for a few minutes, then rinse with water.
4. **Sunlight and Air:** When possible, let your cutting boards



dry in the sun. Natural sunlight helps kill germs and removes lingering odors.

5. **Oil Your Wooden Boards:** Once cleaned and dry, rub mineral oil into wooden boards to keep

them from cracking and absorbing future odors.

By giving your cutting boards a little spring cleaning, your kitchen will not only look cleaner but smell fresher too!



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.

Did You Know?

Fresh bulb onions come in several varieties, each with unique flavor profiles and culinary uses. **Red onions** have a deep purple-red skin and a mild, slightly sweet flavor, making them ideal for raw applications such as salads, sandwiches, and pickling. **White onions** feature a papery white skin and a sharper, more pungent taste, which mellows when cooked; they are often used in Mexican cuisine, salsas, and stir-fries.

Yellow onions are the most common, with a golden-brown skin and a balanced, robust flavor that becomes sweet when caramelized, making them perfect for soups, stews, and roasts.

Sweet onions, such as Vidalia, Walla Walla, Texas 1015s or Sweetie Sweets have a pale skin and very high sugar content, resulting in a milder, almost sugary taste; they are best enjoyed raw in salads or lightly cooked to preserve their sweetness. Choosing the right onion enhances a dish, balancing flavor, aroma, and texture.

Blog

It IS possible to turn onion haters into onion lovers

If you've wondered why people hate onions—and whether that can change—the answer is yes. Learning how to like onions isn't about forcing it. It's about trying them in a completely different way than when people tried them as kids.

Because chances are, the onions they hated back then aren't the onions they'd taste today.

Why You Hated Onions in the First Place

Most childhood onion experiences involved raw onions. They were sharp, crunchy, and strong. Sometimes they showed up unexpectedly in potato salad or tucked inside a burger. That surprise alone was enough to turn anyone off.

For kids, especially, the bite of raw onions can feel overwhelming. Texture also plays a role. The crunch and intensity can make them stand out in a way that feels unpleasant.

But here's what many people don't realize: when you cook them, the taste is completely different. In an experiment we found from [You Suck at Cooking](#), lifelong onion hater, Lucas, after failed attempts at exposure to raw onions, scallions and leeks, finds that cooking differently, such as caramelizing, turns his longstanding disgust into love.

[See his video here.](#)

Cooking Changes Everything

When onions are cooked, they lose that harsh edge. They become softer, milder, and even sweet. This is especially true when they're cooked slowly. Think about the flavor of a good soup, gravy, or roast. Onions are often there, even if you don't notice them. They blend in and make everything taste better. This is often the turning point for people. They discover they've been enjoying the flavor all along.

Cut Them Smaller and Cook Them Longer

One of the easiest tricks is to chop onions finely and cook them well. You can even purée them to infuse your dishes with the flavor, without the texture. Try the following recipes that combat the texture issue: [Caramelized Onion and Corn Soup](#); [Caramelized Sweet Onion Hummus](#).

Small pieces blend into dishes like:

- Scrambled eggs
- Tacos
- Pasta sauce
- Rice dishes. Try this [Vegetable Rice Soup](#).

You may not even notice them at first. Over time, your brain starts connecting onions with foods you already enjoy.

That's a big step in changing your opinion.



Your Taste Buds Have Changed

If you're wondering why do I hate onions less now than before, there's a simple explanation: your taste buds change as you age.

Adults tend to appreciate more complex flavors. Foods that once tasted too strong can now taste rich and satisfying.

Foods that once seemed too strong may now taste balanced and enjoyable on food such as fajitas, burgers, and home-cooked meals. They're stunned when they try pickled onions on a taco or burger, and enjoy the tang they bring to the flavors.

Why It's Worth It

Learning how to like onions opens the door to better cooking at home. Onions add flavor to meals without adding much cost.

They can make simple foods taste richer and more satisfying — and bonus, they're so good for your gut and your health by helping stave off certain diseases such as diabetes, heart disease or some cancers.

And once you begin enjoying onions, you may find yourself adding them to more meals without thinking twice.

The Bottom Line on How to Like Onions

If you've always avoided onions, you can change that. Start with cooking them, keeping the pieces small, and perhaps caramelizing them first. You can even enjoy them in a chocolate cake!

This isn't about forcing yourself. It's about discovering the versions that work for you.

New coloring book!

Ollie & Olivia have a new kitchen adventure

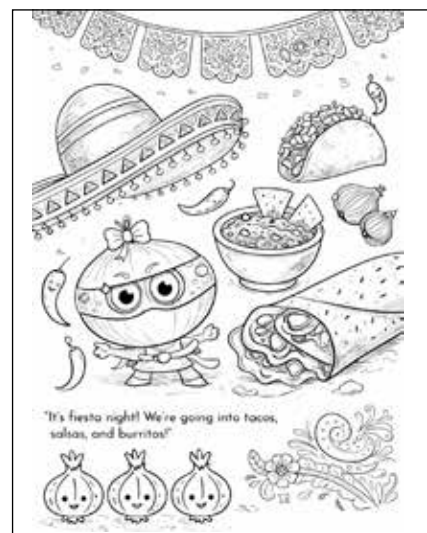
A new coloring book has arrived, and it's ready to bring the kitchen to life for young readers. This playful collection of pages follows friendly onions and their vegetable friends as they slice, sizzle, grill, and shine — sometimes even walking the runway in their tastiest forms.

Each page is designed to spark creativity while helping kids see how the foods they eat become part of everyday meals. It's a fun way to connect coloring time with curiosity about cooking, trying vegetables, and discovering just how exciting healthy foods can be.

The National Onion Association also offers the popular Onion Ninja Odyssey coloring book, where young readers follow the adventurous Onion Ninja on exciting missions in the kitchen.

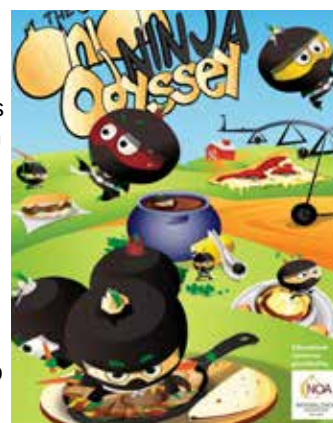
This set comes with an accompanying activity book full of puzzles, mazes, and games that reinforce learning while keeping kids entertained.

Together, the coloring and activity books provide hours of fun, combining creativity, problem-solving, and a playful introduction to the world of vegetables.



Download activities book

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.



Recipe



French Onion Soup Gratinée

There's something about some hearty French Onion Soup, that we can never get enough of. In the winter, especially, this decadent soup makes mealtime a masterpiece.

The rich, caramelized onions in savory broth topped with a golden, bubbling layer of cheese offer warmth and indulgence in every bite. Paired with crusty bread soaking up the flavors, it's hearty enough to satisfy yet elegant enough to elevate

your evening. Cozy, delicious, and timeless, it's a dish that wraps you in comfort like your favorite winter sweater.

We'd especially like to thank Linda Carucci, author of "Cooking School Secrets for Real World Cooks."

The use of chicken broth and white wine in this recipe makes for a lighter than normal French Onion Soup, but Carucci and our millennial cook, Hannah, think it's worth it. [Read the blog here.](#) [See how its done in this video.](#)



Ingredients

- 5 pounds large yellow onions, sliced 1/16 inch thick
- 4 tablespoons unsalted butter
- ¼ cup all purpose flour
- 1 cup dry white wine or vermouth
- 6 cups homemade chicken broth
- 3 fresh thyme sprigs
- 1 bay leaf, preferably imported
- 1 tsp kosher salt
- Fresh ground black pepper
- 12 baguette slices (not sourdough), each ¾ inch thick and cut diagonally
- 6 ounces Gruyère cheese, coarsely shredded on the large holes of a box grater to yield 1 ½ cups



Directions

Heat a heavy 8-quart pot over medium-high heat. Add butter. When butter is hot enough to sizzle a piece of onion, add the onions and sauté, stirring occasionally, until they wilt and lose their moisture (about 10 minutes).

Cook onions about 25 minutes altogether.

Reduce heat to lowest setting and cook until onions are caramelized (about 15 minutes). They should be sticky and clinging together. Sprinkle with the flour and cook another 5 minutes, stirring frequently. Add the wine all at once. When wine evaporates, add chicken stock, and remaining ingredients. Bring to a boil, reduce heat so soup is at a steady simmer, cover partially, and cook, stirring occasionally, for 30 minutes.

Meanwhile, preheat the broiler and arrange an oven rack about 6 inches from the broiler element. Line a sturdy, rimmed baking sheet with a silicone baking liner or aluminum foil. Arrange 6 deep, oven-proof soup bowls or 12-ounce ramekins on the lined baking sheet and set aside.

Place the baguette slices on another baking sheet and lightly toast both sides under the broiler. They will need only 2-3 minutes on each side. Set aside and leave broiler on.

When the soup is done, taste and adjust the seasoning with salt and pepper. Remove and discard the thyme sprigs and bay leaf. Ladle the soup into the bowls and top each with 2 toasted baguette slices placed side by side. Top the baguette slices with the cheese, dividing evenly among bowls.

Tex-Mex Sales delivers your Texas 1015 Sweets

Tex-Mex Sales, a major onion-growing operation based in McAllen, Texas, has played a significant role in the region's agricultural industry for decades. Established in the fertile Rio Grande Valley, the company has capitalized on the area's ideal climate and soil conditions to produce high-quality onions for markets across the United States.

The onion industry in McAllen saw steady growth throughout the 20th century, as demand for Texas-grown produce increased.

Tex-Mex Sales became a key player, utilizing advanced farming techniques to expand production and meet market needs. The company's success has been tied to the broader agricultural trends of South Texas, where onions thrive due to mild winters and long growing seasons.

Today, Tex-Mex Sales continues to be a cornerstone of South Texas agriculture, ensuring that McAllen remains a key supplier of fresh, high-quality onions.

Meet an Onion Grower

Tex Mex Sales is a family owned & operated company dedicated to growing, packing, and delivering the best US #1 quality Sweet and Regular onions to their customers on a year round basis.

Tex Mex Sales was the brain child of a young Marvin Davis. Marvin started in the produce business in 1961, and then became a chain store buyer for Topco from 1963-1968. In 1968 he left Topco and set out on the American Dream by going into business for himself.

In 1981, his son Michal Davis started to work for the company. At the age of 10 Michael worked in the shed doing every job at the facility. From inspecting to packing to cleaning crew to even delivering onions himself, Michael worked his way up the company. In 1994, after graduating from college, Michael moved back home to become a full partner in Tex Mex Sales.

"Working with your son, in a successful business, is every father's dream. That's why we love what we do." - Marvin Davis. Mr. Davis passed in 2022. Rest in Peace, Mr. Davis.



The Davis Family, 2015

Texas growers plant the famed Texas 1015 onions. The Texas 1015 onion holds a unique place in culinary history, originating from a research program at Texas A&M University. Named after its ideal planting date, October 15th, the Texas 1015 onion was developed through careful breeding to thrive in the Lone Star State's soil and climate. This sweet onion variety gained fame not just for its delicious taste but also for its versatility in

cooking.

What makes the Texas 1015 onion particularly sought after today is its exceptional sweetness and low pungency compared to other onion types. This mild flavor profile is attributed to its high sugar content and low sulfur levels, making it perfect for enjoying raw in salads, salsas, or as a topping on burgers and sandwiches without overwhelming other flavors.

Historically, the Texas 1015 onion's journey from its development in the 1980s to becoming



a household name involved years of research to perfect its traits. By the 1990s, it gained official recognition as the Texas state vegetable, solidifying its cultural and agricultural significance. Its popularity spread beyond Texas due to its unique taste and the growing preference for sweeter onions in cooking worldwide. Texas 1015's harvest in March and April.