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INSIDE ONIONS

Consumer Newsletter



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In Season

Sweet onion season is here, bringing a mild, crisp flavor that makes them perfect for salads, grilling, and fresh summer dishes.

Sweet, also known as spring/summer onions, tend to have a higher water content compared to Fall/Winter varieties.

Water content makes them more susceptible to bruising and reduces their shelf life. To extend their shelf life, wrap onions in paper towels or newspaper, then place in the refrigerator.



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- Go Screen-Free with Backyard Dinners
- Recipe Box: Garden Pasta Salad
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- Onionista Blog: Use the whole onion
- Video Recipe: Caramelized Onion & Barbecue Chicken Sandwiches
- Download kids' coloring books
- Meet an onion grower: G&R Farms
- Download our Nature's Ninja playbook.

Post your onions to win

National Onion Day is coming **June 27**, and the National Onion Association is encouraging everyone to celebrate by cooking with onions.

Whether it's burgers, tacos, pasta salads, soups, sandwiches, or grilled meals, onions help bring flavor to everyday cooking. National Onion Day is the perfect excuse to try a new recipe or make a longtime family favorite.

The National Onion Association also wants to see how you celebrate. Share your onion-inspired recipes, meals, or cooking videos on Facebook, Instagram, or TikTok, and tag the National Onion Association.

Participants can enter to win a special NOA prize pack featuring kitchen utensils, a custom onion apron, and other onion-themed goodies. To enter, email a link to your social media post along with your email address to onionista@onions-usa.org. Winners will be announced in the July Inside Onions newsletter.

So grab your favorite onions, cook something delicious, and celebrate **National Onion Day** with family and friends.





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.

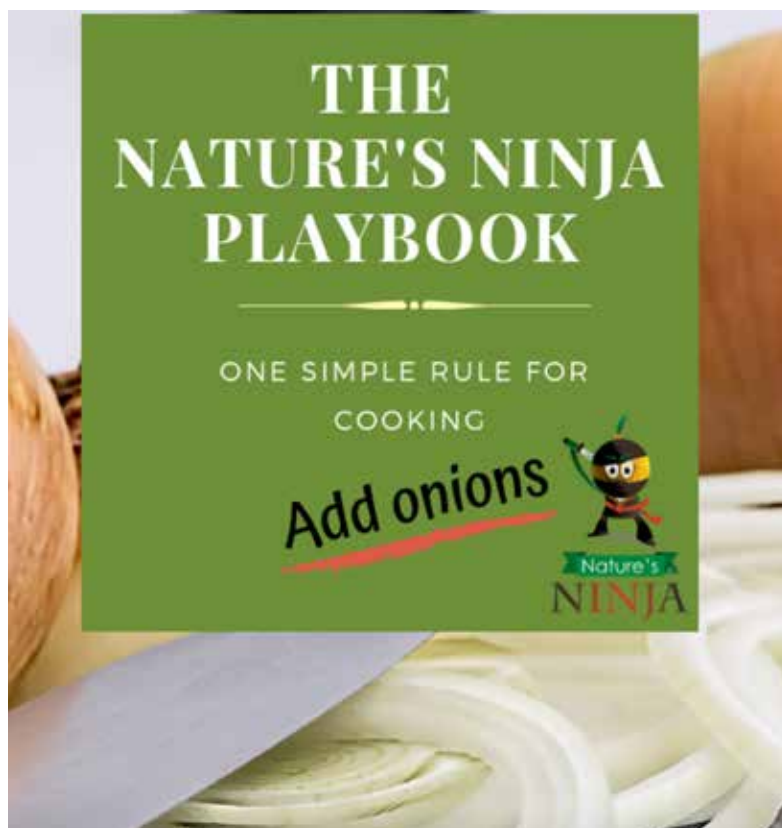
Members of NOA rely on the non-profit trade association for

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.



The Backyard Dinner

Make Family Dinner More Meaningful

For many families, dinner can easily become one more rushed part of the day. Between packed schedules, phones buzzing, streaming shows, and busy evenings, meaningful time together often gets pushed aside. One simple way to slow things down this summer is to take dinner outside.



A backyard table, patio, picnic blanket, or even a few lawn chairs can completely change the feel of an ordinary weeknight meal. Eating outdoors naturally creates a more relaxed atmosphere where conversation comes easier and families tend to linger a little longer together.

Outdoor dinners do not need to feel formal or complicated. Some of the best family meals are the simplest ones — grilled chicken, sandwiches, tacos, pasta salad, fresh fruit, burgers, salads, or easy weeknight meals enjoyed in the fresh air. Even takeout can feel more special when eaten outside on a warm evening.

Many parents notice that outdoor meals also help reduce screen time without forcing the issue. Phones and tablets are more likely to stay inside while kids help carry dishes, play in the yard, or stay at the table talking after dinner is over. Younger children often become more interested in helping prepare meals when they know dinner will be served outdoors.

Keeping meals simple also makes outdoor dinners easier during busy weeks. Fresh vegetables, grilled foods, make-ahead sides, and easy-to-share meals can all come together quickly without requiring extra planning or cleanup.

For many adults, eating dinner outside also brings back memories of family cookouts, neighborhood gatherings, long summer evenings, and simpler routines growing up. Those small moments still matter.

This summer, consider moving dinner outdoors whenever you can. It is an easy, affordable way to spend more time together, enjoy the season, and make an ordinary meal feel a little more memorable.

Backyard Dinner Conversation Starters

Looking for easy ways to keep outdoor dinners fun and screen-free? Try asking a few simple questions around the table:

- What was the funniest part of your day?
- If you could plant anything in a garden, what would it be?
- What's your dream picnic meal?
- What's one thing you want to do before summer ends?
- If you could invent a new ice cream flavor, what would it taste like?
- Which family meal should we make again next week?
- What's your favorite thing to cook or help make?
- If you could eat dinner anywhere outside, where would you go?

Sometimes the best family memories start with simple conversations and an easy meal outside together.

BEST USES

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

Recipe box

CATEGORY:

Salads

PREP TIME:

15 minutes

COOK TIME:

10 minutes



Click photo for video recipe

Garden Pasta Salad

Ingredients

1 pound pasta, cooked and cooled
1 medium yellow or white onion, sliced
½ cup fresh green peas
1 (15-ounce) can chickpeas beans, rinsed and drained
Salt and black pepper, to taste

Dressing

3 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
½ teaspoon chopped fresh rosemary leaves
¼ teaspoon garlic powder
¼ teaspoon salt
Pinch of ground black pepper
Pinch of sugar

Nutritional power-packs in a bowl

Summer is a great time to experiment with plant-based options as local produce is abundant! Plant-based eating provides an abundance of nutrients and helps you moderate calorie intake with plenty of fruits, vegetables, whole grains and plant based protein sources. It doesn't mean you have to go meatless and a variety of protein sources can be used for flexibility.

Here is an easy equation for building your plant-based power bowl:

Whole Grains + Vegetables + Protein Source + Seasoning/Sauce

With this easy equation, and the following examples from each category you'll be on your way to building a one-of-a-kind meal in a bowl.

- Whole Grains: Brown rice, quinoa, bulger, farro, etc.
- Vegetables: Onions, broccoli, cauliflower, squash, avocado, spinach, sweet potato and more. Think of this as a great way to use leftover veggies; and you'll

have less food waste!

- Proteins: Eggs, tofu, nuts/seeds, beans/legumes, and/or veggie burger crumbles. If you choose not to go plant-based add shredded chicken; seafood or lean beef/pork.
- Seasoning/Sauce: A great sauce can really add flavor to your bowl! Experiment with tahini dressing, balsamic dressing, sesame/miso flavors, lemon/lime, Dijon mustard based dressing, sweet onion dressing, etc.



Simple Ways to Celebrate Dad Without Overspending

Father's Day does not have to mean expensive gifts or crowded restaurants to feel meaningful. In fact, many families are finding that the best celebrations are often the simplest ones — especially when budgets are tight and schedules are busy.

One easy way to celebrate Dad is by turning the day into a relaxed family meal at home. Backyard grilling, breakfast-for-dinner, taco bars, or homemade burgers can feel just as special as dining out. Simple ingredients like onions, potatoes, burgers, hot dogs, eggs, and seasonal vegetables can stretch into a meal everyone enjoys without overspending.

Families can also make the day more personal by involving children in the cooking. Younger kids can help wash vegetables, set the table, mix ingredients, or create homemade “Dad menus” with crayons and paper. Older children can help grill burgers, prepare side dishes, or make Dad's favorite dessert.



want uninterrupted time with family more than another gift.

Homemade gifts also continue to be popular because they feel personal and thoughtful. Children can make coupon books offering help with chores, handwritten notes, framed family photos, or simple crafts using supplies already at home.

The biggest reminder for families this Father's Day is that meaningful celebrations do not have to be expensive. Sharing a meal, spending

time together, and slowing down for a few hours can matter far more than a large price tag.

Sometimes the best Father's Day memories are made around the kitchen table, in the backyard, or anywhere families simply enjoy being together.

Another affordable idea is creating a “Dad Day” activity list based on things he already enjoys. A backyard movie night, fishing at a local pond, family board games, a picnic at the park, or even washing the car together can become lasting memories without costing much. Sometimes dads simply



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

How to Use the Whole Onion: One Easy Breakfast Idea That Turns Into a Second Meal

If you're looking for a practical way to waste less food and stretch your groceries a little further, learning how to use the whole onion is a smart place to start.

One of the easiest examples starts with breakfast.

Picture this: a toasted English muffin layered with ham, melted cheese, and an egg fried right inside a thick onion ring. The onion softens as the egg cooks, giving the sandwich extra flavor and texture without adding much effort. It feels like something you'd order at a diner, but it's surprisingly simple to make at home.

The best part? You can use the rest of the onion slices to make homemade onion rings later the same day.

That's the beauty of learning how to use the whole onion. One ingredient can become multiple meals while helping reduce food waste and grocery costs at the same time.

Start with the Breakfast Sandwich

To make the sandwich, slice a large onion into thick rings. Pick the biggest rings for the egg portion. Place the onion ring into a lightly greased skillet over medium heat. Crack an egg directly into the center of the ring and let it cook until set. Flip carefully if desired.

While the egg cooks, toast an English muffin and warm a slice of ham. Add cheese, stack everything together, and serve warm.

The onion ring acts almost like an edible mold for the egg while adding a naturally savory flavor that pairs perfectly with ham and cheese.

It's filling, affordable, and uses ingredients many families already have in the refrigerator.

Turn the Remaining Onion Into Onion Rings

Now comes the second part of how to use the whole onion.

Instead of letting the remaining onion slices dry out in the refrigerator, turn them into crispy onion rings for lunch, dinner, or a snack.

Separate the leftover onion slices into rings. Dip them into seasoned flour, then buttermilk or beaten egg, followed by breadcrumbs or a second flour coating. Fry until golden brown.

Suddenly, one onion helped create two completely different meals.



That's the kind of kitchen thinking many parents and grandparents used naturally. Ingredients were rarely wasted because leftovers often became part of the next meal.

Other Smart Ways to Use the Whole Onion

Once you start thinking this way, it becomes easier to find more ideas for how to use the whole onion.

Extra diced onion can be:

- Added to scrambled eggs
- Mixed into soups
- Frozen for future recipes
- Added to burgers or tacos
- Cooked with potatoes for breakfast hash
- Tossed into pasta sauce

Even small leftover pieces still have value in the kitchen.

Onions are especially practical because they work in so many different recipes and hold up well for meal prep. A single onion can easily stretch across multiple meals throughout the week.

Why This Matters Right Now

With grocery prices continuing to challenge many households, learning how to use the whole onion is less about being fancy and more about being practical.

Simple habits like repurposing ingredients, planning leftovers, and cooking creatively can help families save money while still making meals that feel satisfying and homemade.

And sometimes, all it takes is one onion.

From a breakfast sandwich with an egg cooked inside an onion ring to a batch of crispy homemade onion rings later that day, this simple ingredient proves you don't need complicated recipes to make the most of what you already have.

Ready for some fun kids activities?

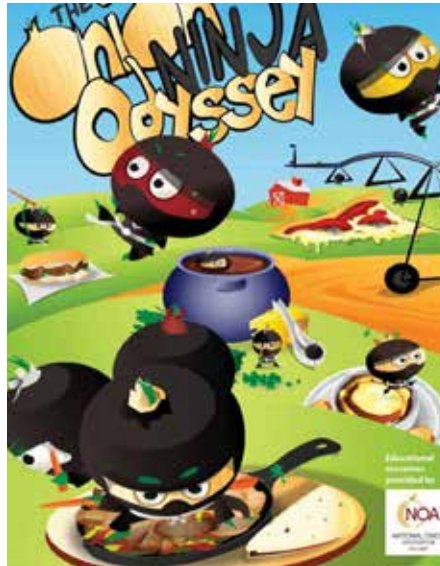
There are bound to be times when the little ones need something to do so you can get everything else done!

Nature's Ninja to the rescue. The NOA has created these one-of-a-kind, downloadable coloring books, filled with fun pictures and an educational stories. 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.

[Ollie and Olivia's Kitchen Adventure](#) is filled with artwork that enforces the uses of onions in all of our meals, from spaghetti sauce, burgers and Mexican foods.

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.

Read more about the benefits of coloring books at scholastic.com.



Video Recipe



Caramelized Onion & BBQ Chicken Sandwich

Leftover chicken never has to feel boring. This Caramelized Onion Barbecue Sandwich is an easy way to turn a store-bought rotisserie chicken into a quick family meal with plenty of flavor. A simple barbecue sauce mixture gets extra depth from sautéed onions and garlic, while warm caramelized onions on top add a sweet, savory finish that tastes like it took far more effort than it actually did.

This recipe is also a smart way to stretch ingredients during busy weeks. Using pre-cooked chicken and prepared caramelized onions helps get dinner on the table fast without sacrificing comfort-food flavor. Serve the sandwiches with pickles, extra diced onions, or a simple side salad for an easy summer meal. Sweet, smoky, and satisfying, these sandwiches prove that leftovers can become something everyone looks



Ingredients

Serves: 4.

Prep time: 45-50 minutes.

1 teaspoon olive oil

¼ cup finely diced white onion

1 garlic clove, minced

1 jar (about 19-ounces) barbecue sauce

3 cups leftover shredded rotisserie chicken

4 brioche buns

1 cup caramelized onions, warm

Other toppings, if desired: diced white onion, sliced pickles

Directions

Heat the olive oil over medium-high in a large saucepan. Add the onion, reduce heat to medium, and cook for 3 minutes. Stir in the garlic and cook for 30 seconds.

Turn the heat to low. Pour in the sauce. Simmer for 5 minutes.

Add the chicken. Stir to coat in the sauce and simmer for 5 minutes until warmed through.

To serve, divide the chicken evenly over the bottom portion of the 4 buns. Top each with an equal amount of caramelized onions. Add any additional toppings and the top bun, then serve. Makes 4 servings.



Per serving: About 630 cal, 43 g pro, 75 g carb, 18 g fat, 110 mg chol, 1615 mg sod, 4 g fiber.

An 80-year onion-growing tradition in Georgia

For generations, sweet onions have been part of Georgia agriculture, but few companies have helped shape the industry quite like G&R Farms.

Now celebrating 80 years in business, the third-generation family farm continues blending tradition with modern farming practices, earning national recognition for sustainability, innovation, and its long-standing commitment to producing high-quality sweet onions while protecting the land for future generations.

In 2025, G&R Farms was recognized with The Shelby Report's Sustainability in the Food Industry Award for its leadership in precision agriculture and responsible farming prac-

tices. The company reduced planted acreage by 160 acres while increasing planting density by 20%, saving more than 21 million gallons of water and reducing fertilizer use by 15% through precision application methods.

"We're proving that smarter farming leads to higher quality onions and a healthier environment," said Cliff Riner, vice president of ag production and grower relations, in an article in Produce News.

CEO Blake Dasher said sustainability has always been part of the farm's philosophy. "Every decision we make reflects our belief that great farming protects both people and the land," he shared with Produce News.

Meet an Onion Grower

The story of Georgia-based G&R Farms began with Walter L. Dasher, who planted just a few acres of a new sweet and mild onion variety in southeast Georgia decades ago.

The Dasher family became one of the early pioneers helping establish the Vidalia onion as a recognizable and trusted brand nationwide. Through hard work, farming knowledge, and a commitment to quality, the family helped build both the company and the reputation of Georgia-grown sweet onions.

Today, G&R Farms is a third-generation family operation and one of the industry's leading growers of Vidalia and Peruvian sweet onions.



Robert and Walt Dasher

Georgia agriculture plays a major role in feeding families across the country, and one of the state's most recognized crops is the famous Vidalia onion. Known for its sweet, mild flavor, the Vidalia onion has become a symbol of Georgia farming and southern cooking.

Each year, approximately 10,000 to 12,000 acres of Vidalia onions are planted across a designated growing region in southeast Georgia. Growers harvest more than 200 million pounds annually, with Vidalia onions representing nearly 40 percent

of the nation's spring onion production.

The onions are grown in Georgia's unique low-sulfur soil, which gives them their signature sweet taste. Because of their popularity, Vidalia onions are shipped to grocery stores and restaurants nationwide every spring and summer. The crop generates well over \$100 million annually for Georgia farmers and supports thousands of jobs tied to farming, packing, transportation, and retail sales.

But onions are only part of Georgia's agricultural story. The state is also a leading producer of peanuts,



pecans, blueberries, peaches, watermelons, cotton, poultry, and timber products. Georgia consistently ranks among the nation's top agricultural states, with farming contributing billions of dollars to the state's economy each year.

Agriculture remains especially important to many rural Georgia communities, where family farms often span multiple generations. From roadside produce stands to large-scale farms supplying grocery stores nationwide, Georgia farmers continue to provide fresh food while preserving traditions that have shaped the state for decades.