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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.



5 Fast Facts about July

- Several countries celebrate their independence in July including Canada, the United States, and France.
- July has 31 days.
- The Bikini debuted in July 1948.
- Neil Armstrong put the first footprints on the moon on July 20, 1969.
- Notable people born in July include:
Ernest Hemingway
Princess Diana
Tom Cruise
Arnold Swartzeneger
Thurgood Marshall
Nelson Mandela
Robin Williams
Emily Bronte

Pymatuning Lake Onion Festival set for July 10

On July 10, visitors to Pennsylvania's Pymatuning State Park can celebrate a unique piece of agricultural history at the annual [Onion Festival](#), hosted by the Pymatuning Lake Association.

In 1918, Linesville, Pa., grew half of the state's onions, distributing the produce via the Erie & Pittsburgh Branch of the Pennsylvania Railroad. Prior to the creation of the lake, the area was known as Pymatuning Swamp. Little would grow in the mucky swamp soil, but local farms found they could grow onions. Today, the free festival honors that heritage with craft vendors, live music, outdoor activities, and crowd-favorite Bloomin' Onions, bringing the community together each summer.



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.

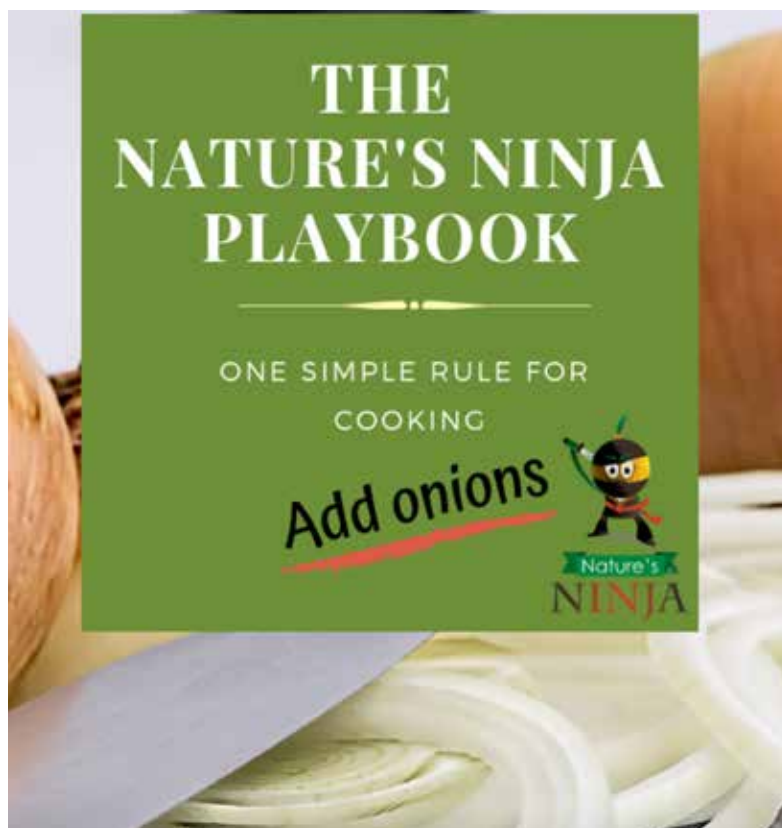
Members of NOA rely on the non-profit trade association for

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.



Need to Know

Beyond the Water Bottle

Water-Rich Foods That Keep You Refreshed

Getting kids to drink enough water can sometimes feel like a full-time job, especially during the busy summer months.

Whether they're running through sprinklers, playing sports, or spending long afternoons outdoors, staying hydrated is important for energy, concentration, and overall health.

The good news? Water doesn't have to come only from a glass.

Many fruits and vegetables are naturally packed with water and can help contribute to your child's daily hydration needs. In fact, about 20% of our daily water intake comes from the foods we eat.

One of the most popular hydration heroes is watermelon, which is made up of about 92% water. Its sweet flavor and bright color make it a favorite for picnics, pool days, and afternoon snacks. Cucumbers are another excellent choice, containing roughly 95% water. Slice them for dipping, add them to sandwiches, or toss them into salads for a refreshing crunch. And don't overlook onions. While often known for adding flavor to meals, onions are actually composed of about 93% water. They can help boost hydration while making foods more appealing and flavorful. Add sliced onions to sandwiches, tacos, burgers, wraps, pasta salads, or homemade salsas. Grilled onions also make a delicious topping for summer meals.

Keeping a variety of water-rich foods on hand makes it easier for children to snack on hydration throughout the day.

Try creating a colorful "hydration plate" filled with watermelon cubes, cucumber slices, cherry tomatoes, and a favorite dip. Or serve a summer pasta salad packed with onions, cucumbers, and fresh vegetables alongside grilled foods at dinner.

While water should still be the primary beverage for children, incorporating water-rich foods into meals and snacks can make staying hydrated easier—and often more enjoyable.

This summer, think beyond the water bottle. A juicy slice of watermelon, a crisp cucumber, or a flavorful serving of onions can all help keep kids refreshed, nourished, and ready for their next adventure.



Water-Rich Foods

Lettuce (Iceberg) – about 96% water
Cucumber – about 95% water
Celery – about 95% water
Radishes – about 95% water
Zucchini – about 94% water
Tomatoes – about 94% water
Onions – about 93% water
Bell peppers – about 92% water
Cauliflower – about 92% water
Watermelon – about 92% water
Cabbage – about 92% water
Mushrooms – about 92% water
Spinach – about 91% water
Strawberries – about 91% water
Cantaloupe – about 90% water
Peaches – about 89% water
Oranges – about 87% water
Pineapple – about 86% water
Grapefruit – about 88% water
Broccoli – about 89% water

Easy Ways to Serve Them

Add sliced onions and cucumbers to sandwiches and wraps.

Mix watermelon, cucumber, and red onion into a refreshing summer salad. Serve strawberries, melon, and orange slices as snack plates.

Add tomatoes, peppers, and onions to tacos, burgers, and pasta salads.

Keep cut vegetables in the refrigerator for quick grab-and-go snacks.

Blend fruits such as watermelon, strawberries, and peaches into smoothies.

These foods can help supplement hydration throughout the day while also providing vitamins, minerals, and fiber that growing kids need.

BEST USES

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

Recipe box

CATEGORY:

Soups

PREP TIME:

10 minutes

COOK TIME:

15 minutes



Click photo for video recipe

Lemon Chicken & Onion Soup

2 tbsps extra-virgin olive oil
1 large yellow onion, chopped
2 garlic cloves, minced
4 cups chicken stock
3 sprigs fresh thyme
¼ cup fresh lemon juice
1 cup fresh or frozen green peas
2 cups shredded rotisserie chicken
½ teaspoon to 1 teaspoon salt
¼ teaspoon ground black pepper
Lemon slices for serving

Savory onions, bright lemon, and green peas give this comforting chicken soup fresh flavor. Using leftover rotisserie chicken keeps it easy for weeknights while the thyme-infused broth makes it taste like it simmered all day.

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.



Food ideas for your 250th Birthday Celebration

As America celebrates its 250th anniversary this year, families across the country will gather around picnic tables, backyard grills, and community events to honor the nation's history.

While fireworks, flags, and parades may take center stage, food has always played an important role in bringing Americans together—and onions have been there every step of the way.

For generations, onions have been a staple in American kitchens, adding flavor to everything from cookout favorites to family recipes passed down through the years. This summer, consider making onions part of your patriotic menu as you celebrate 250 years of American independence.

Start with a backyard classic: hot dogs topped with tangy [Pickled Onions](#). Their bright color and bold flavor add a fresh twist to an all-American favorite. Pickled



onions are easy to prepare ahead of time and make a great topping for burgers, bratwurst, and sandwiches as well.

Looking for a side dish that feeds a crowd? A summer [Garden Pasta Salad](#) featuring crisp onions, garden vegetables, and a light vinaigrette is perfect for neighborhood gatherings and family reunions. The onions add crunch and flavor while helping tie together the fresh ingredients of the season.

For appetizers, consider serving [Caramelized Onion Ricotta Toasts](#), onion dip with fresh vegetables, or grilled onion skewers. These easy-to-share dishes encourage guests to gather, visit, and enjoy one another's company—something that has always been at the heart of American celebrations.

The nation's semiquincentennial also offers an opportunity to share family traditions. Ask relatives about recipes that have been handed down through the generations.

Whether it's Grandma's potato salad, Dad's famous burgers, or a favorite onion dish that appears at every holiday gathering, these recipes help tell the story of our families and our country.

As you celebrate America's 250th birthday, remember that some of the best memories are made around the table. Good food, good company, and a few onions along the way have helped bring Americans together for generations—and they'll continue to do so for years to come.

Long hot days = good onions

While families are enjoying summer vacations, backyard barbecues, and long sunny days, onion fields across the country are entering their most important growing season. Onions need plenty of sunshine and warm weather to develop the size, flavor, and quality consumers expect.

Most onions take about 150 days to grow from planting to harvest. Depending on the variety and region, farmers often plant onions in the spring and spend months carefully managing irrigation, nutrients, and weeds before harvest begins in late summer or early fall.

The plants use the long daylight hours to build energy and grow larger bulbs underground.



Blog

Beat the Heat: No-Oven Summer Meals

When July temperatures climb and the summer sun is at its strongest, the last thing many people want to do is turn on the oven and add even more heat to the house. Fortunately, creating fresh, satisfying meals doesn't require hours of cooking or a hot kitchen. With a few seasonal ingredients, simple preparation methods, and the flavor boost that onions provide, you can put together delicious meals while keeping your home cool and comfortable.



Build a Better Summer Salad

One of the easiest ways to beat the heat is by building hearty, meal-sized salads. Start with leafy greens, chopped romaine, spinach, or mixed salad blends. Then add protein such as grilled chicken, hard-boiled eggs, chickpeas, black beans, or leftover steak. Fresh vegetables like cucumbers, tomatoes, bell peppers, and shredded carrots add color and crunch.

Don't forget the onions. Red onions bring a bright, slightly sharp flavor that pairs well with vegetables, while sweet onions offer a milder taste that complements fruits such as strawberries, peaches, and watermelon. Finish with a light vinaigrette, and dinner is ready in minutes.

Quick Wraps and Sandwiches

Wraps and sandwiches are another warm-weather favorite because they're quick, portable, and endlessly customizable. Fill tortillas or flatbreads with rotisserie chicken, turkey, grilled vegetables, lettuce, cheese, and thinly sliced onions. Add hummus, ranch dressing, avocado spread, or a favorite vinaigrette for extra flavor.

These meals require little preparation and are ideal for busy evenings, poolside lunches, picnics, or outdoor concerts.

Let the Grill Do the Work

If you're already grilling outdoors, let the grill do more than cook burgers and hot dogs. Summer vegetables take on wonderful flavor over an open flame. Onion wedges, bell peppers, zucchini, mushrooms, and corn become slightly sweet and smoky when grilled.

Grilled onions can be served as a side dish, layered onto sandwiches, chopped into pasta salads, or added to grain bowls. Since the cooking happens outside, the kitchen stays cool while dinner practically makes itself.

Make-Ahead Pasta Salads

Pasta salads are another summer staple that can be prepared ahead of time and enjoyed for several meals throughout the week. Combine cooked and cooled pasta with onions, peas, cherry tomatoes, cucumbers, herbs, cheese, or beans. Toss everything together with olive oil and lemon juice or your favorite dressing.

The best part is that pasta salads often taste even better after spending a few hours in the refrigerator, allowing the flavors to blend together.

Small Appliances, Big Results

For those who prefer a hot meal without heating the kitchen, don't overlook small appliances. Slow cookers and electric pressure cookers can prepare soups, shredded meats, and one-pot meals while using far less energy than an oven.

Add chicken, onions, broth, and vegetables in the morning, and return home to a ready-made dinner. These appliances keep indoor temperatures comfortable even on the hottest days.

Keep Pickled Onions Ready

You can also keep a jar of pickled onions in the refrigerator for quick flavor throughout the week. Pickled onions add a tangy crunch to tacos, sandwiches, salads, grain bowls, and grilled meats. They're easy to make ahead and can transform simple ingredients into something special.

Whether you're serving salads on the patio, enjoying wraps by the pool, or gathering around the grill with family and friends, turn light summer meals into memorable seasonal favorites — all without heating up the kitchen.



BEAT THE HEAT FAN CRAFT



Make your own fan and stay cool this summer!

SUPPLIES

- 1 sheet construction paper (8.5" x 11")
- Crayons or markers
- Stickers (optional)
- Tape or stapler
- Craft stick (optional)



1 DECORATE

Before folding, decorate the paper with:

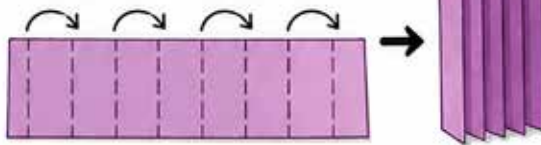
- Suns ☀️
- Flowers 🌸
- Onions 🧅
- Summer bugs 🐞
- Fun patterns 💜

Leave a 1-inch border at the bottom.



2 FOLD LIKE AN ACCORDION

Starting at the short end of the paper, fold back and forth every 1 inch until the entire sheet is folded.



3 MAKE THE FAN

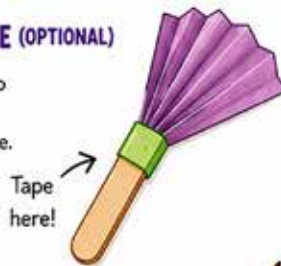
Pinch the folded paper together at one end.

Secure the bottom with tape, a stapler, or by wrapping a small strip of paper around it.



4 ADD A HANDLE (OPTIONAL)

Tape a craft stick to the bottom for an easy-to-hold handle.



5 FAN AWAY!

Open the folds into a semicircle and wave your fan to create a cool summer breeze!



YOUNG ENTREPRENEUR CHALLENGE!

Turn your creativity into cash!

Make extra fans and sell them to your friends, family, and neighbors to help them beat the heat too!

- ✓ Design awesome fans
- ✓ Set your price
- ✓ Advertise your fans
- ✓ Make someone's day (and some money!)



★ ✦ Be creative. Have fun. Stay cool! ♥ ☆

Video Recipe



Garden Pasta Salad

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: 6

Prep time: 15 minutes

- 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



Directions

Add the pasta to a large bowl. Stir in the onion, peas, and chickpeas.

Whisk together the olive oil, lemon juice, rosemary, garlic powder, salt, black pepper, and sugar in a small dish.

Pour the dressing over the pasta salad.

Stir to coat all ingredients evenly.

Add more salt and pepper to taste.

Serve immediately or refrigerate until ready to serve.

Per serving: About 231 cal, 5.78 g pro, 34 g carb, 8.5 g fat, 0 mg chol, 214 mg sod, 7.2 g fiber.



93 years ago, Illinois farmers formed onion co-op

Dutch Valley Growers began in 1933 when a group of farmers dedicated to the growing and marketing of onion sets came together in the small Dutch community of South Holland, Illinois. Dutch Valley

Growers started in a single room office in South Holland.

The office expanded and moved into a larger distribution warehouse facility in Bourbonnais, Illinois. The group of owners/growers raised, processed the onions, and brought their onions to the distribution center to be shipped to their custom-



**DUTCH VALLEY
GROWERS**

ers. As years have passed Dutch Valley Growers which began with a group of growers has now become a family operation. Dutch Valley Growers has grown tremendously over the last 93 years, expanding the product line to include garlic, potatoes, and shallots.

Today, Dutch Valley Growers is in a multi-warehouse facility located in La Crosse, Indiana. James Paarlberg along with his sons and experienced employees operate the business. The farm grows many crops, including seed corn, field corn, soybeans, tomatoes, onion sets, shallot sets, and garlic.

Meet an Onion Grower

The Paarlberg Family has been owners/growers with Dutch Valley Growers since 1933. They are not only growing and processing, but are also shipping and marketing bringing a direct line of communication to their customers.

The Paarlberg Family is not just growing the business; they are also growing the fifth generation of onion set growers. The motto that has brought success to the Paarlberg Family is "Big things happen, when you do the little things right."

They put blood, sweat, and a lot of tears into growing the crop and the value added by their hard work shows in the quality of product they produce. Dutch Valley Growers puts "Dutch Pride In Every Bag".



Paarlberg Family

Illinois is often called the heart of American agriculture, and for good reason.

Agriculture remains one of the state's most important industries, driven largely by thousands of family-owned farms that help feed communities across the nation and around the world.

According to the USDA, Illinois is home to approximately 70,000 farm operations covering more than 26 million acres of farmland. Nearly 75 percent of the state's land area is dedicated to agriculture, making farming a defining part of Illinois' economy, landscape, and heritage.

Most of these farms are family-owned and oper-

ated, with many being passed down through multiple generations.

Illinois consistently ranks among the nation's agricultural leaders. The state is the No. 1 producer of soybeans and the No. 2 producer of corn, supplying a significant share of the country's grain production. Illinois farmers also raise hogs, cattle, poultry, and specialty crops including pumpkins, horseradish, fruits, and vegetables. In fact, Illinois leads the nation in pumpkin production and remains a major contributor to the country's food supply.

The economic impact of agriculture in Illinois extends far beyond the farm



gate. The state's farms produced more than \$26 billion in agricultural products according to the most recent Census of Agriculture. Agriculture and related industries support more than 400,000 jobs statewide, contributing billions of dollars to local communities and businesses.

From vast corn and soybean fields to family vegetable farms and livestock operations, Illinois agriculture reflects both tradition and innovation. Farmers continue to adopt new technologies and sustainable practices while maintaining the family values that have shaped rural communities for generations.