



Recipes
Tips & Tricks
Nutrition Info

INSIDE ONIONS

Consumer Newsletter



October 2026 | Issue No. 10 | National Onion Association



Inside October 2026

- Does your DNA control your tastes?
- Back to basics: You can make your own
- Recipe Box: Vegetable Rice Soup
- Fall Vegetables you should bring home
- It's soup season and we've got recipes
- Video Recipe: Pickled Red Onions
- Cool kitchen gadgets
- Meet an onion grower: Meet the Mayfields of Buckeye, Arizona

Storage Yellow Onions 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

[Click here for a storage guide to onions](#)



October is:

October is Breast Cancer Awareness Month, a reminder to make time for your health.

Learn what is normal for your breasts and tell a healthcare provider about any new lump, skin change or other concern. Mammograms can find breast cancer before symptoms appear; ask your provider when screening is right for you, especially if breast cancer runs in your family. This month, encourage someone you love to make that conversation a priority this year, too.





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.

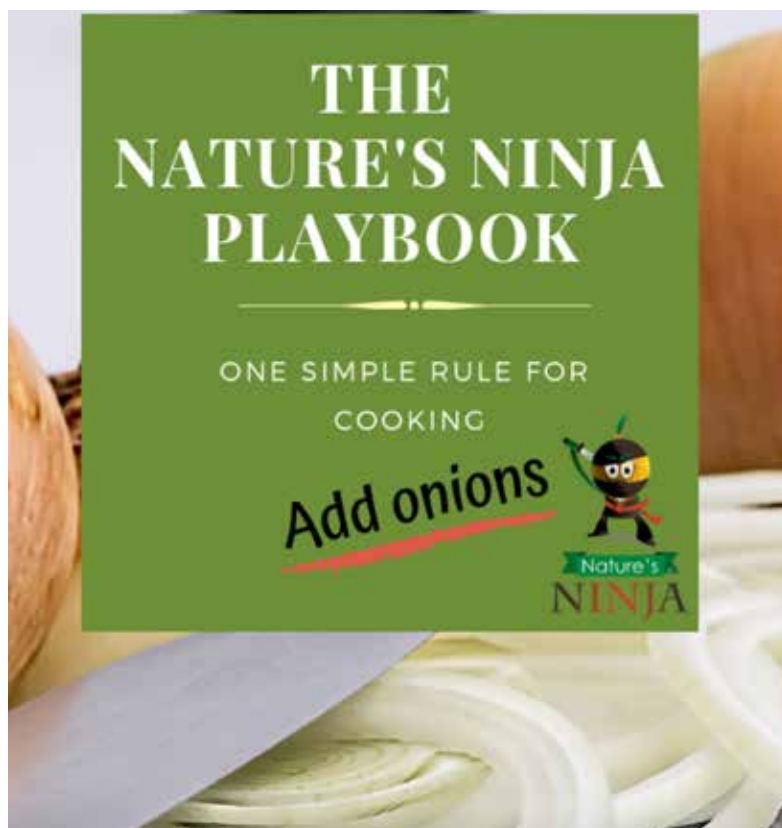
Members of NOA rely on the non-profit trade association for

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.



Could Your Genes Shape Your Taste for Onions?

Why do some people reach for onions while others leave them on the plate? Part of the answer may be in their genes, according to [research led by the Monell Chemical Senses Center in Philadelphia](#).

In a study published in BMC Medicine, researchers examined how inherited differences in taste and smell receptors relate to food preferences. One variant in a smell receptor gene stood out: It was linked to both a stronger liking for onions and greater onion consumption.

The team then used that genetic variant to explore a harder question: Could a tendency to like onions be connected to long-term health? Their analysis associated genetically predicted onion liking with slightly lower blood pressure and a lower likelihood of type 2 diabetes. The researchers did not find comparable evidence of an effect on body weight, blood fats or blood sugar levels.

“What we’ve built is essentially a new way of asking whether a food is genuinely good for you,” said Monell Chief Science Officer and co-author Dr. Danielle Reed in a news release. “Previous methods often used statistical signals that turned out to be picking up on the fact that sick people change their diets, which sends the analysis in the wrong direction. Grounding the instruments in chemosensory biology helps avoid that trap.”

The team screened over 1,200 genetic variants across 325 taste and smell receptor genes in data from the UK Biobank, a landmark study of nearly 500,000 British adults. They then tested which variants were linked to food preferences, the release stated.

They found that 268 genetic variants across 117 taste and smell receptor genes were associated with preferences for 96 different foods. Genetic variants shaped people’s liking for everything from garlic and grapefruit to horseradish, broad beans, and



aniseed, according to the news release.

The researchers confirmed the results in a completely separate, younger group of people, and checked that the same genes also influenced how much of each food people actually ate, and ruled out genetic variants that might be confounded by wealth or social factors, the release said.

After this filtering, 25 robust genetic instruments for 20 different foods remained. One stand-out was an olfactory receptor gene, OR2T6, which is linked to how much a person likes onions. This variant predicted onion liking in both older and younger adults, it predicted onion consumption, and it showed no associations with social deprivation or unrelated health conditions.

The release concluded that people with the genetic variant linked to greater onion liking had, on average, lower systolic blood pressure and lower diastolic blood pressure). They also had a roughly 14% reduced risk of developing type 2 diabetes.

Monell’s findings offer a fresh look at something many cooks already know: Our experience of a food helps shape how often we eat it. If you enjoy onions, they’re an easy way to add flavor to soups, salads, sandwiches and roasted vegetables. And if you’ve never been fond of them, trying them cooked may reveal a sweeter side.

Have a lot of onions? Caramelize them! Download the [Guide to Caramelizing Onions here](#)

Pile them on burgers and sliders; mixed into mashed potatoes; on pizza or flatbread; fold into omelets, scrambled eggs or frittatas; add to grilled cheese sandwiches; top steak, pork chops or grilled chicken; stir into mac and cheese; toss with pasta; add to soups and stews; top baked potatoes; mix into dips; layer into quesadillas



Back to Basics, one Sunday dinner at a time

What I love about weekends is having time to make good food that will give my family leftovers during the week — and challenge my cooking skills a little. I learned by watching my southern mother, so I grew up cooking somewhere between what I remembered seeing her do and what I could find in a recipe book.

With the weather finally starting to cool down, I decided it was time to fire up the oven and make something substantial: chicken pot pie. Marie Callender's makes a pretty tasty frozen pie, but there's always one ingredient someone in my family objects to. Corn, mushrooms, peas — you name it.

I found a recipe online and had most of what I needed, but I wanted to jazz it up. Instead of cooking and shredding chicken breasts, I headed to the store for a rotisserie chicken. I picked up a can of carrots, too, and figured I was set.

As I pulled the meat from the bones, I remembered that the recipe called for chicken broth. I hadn't bought any. Normally, I would have thrown away the bones, but this time I stopped. There were carrots and leftover celery in the refrigerator. With an onion, a bay leaf and a few spices, I had the makings of broth. I'd seen someone make it on TikTok over Christmas. How hard could it be?

I put the chicken bones in a pot, covered them with water and started adding vegetables. In went some carrots I'd forgotten to eat during the week, half an onion — skin and all — and a few pieces of garlic. It took more effort than dissolving a bouillon cube in hot water, but it also helped me clean out the fridge and get one more use from the chicken. Luckily, I'd started early. The broth needed to simmer for a good two hours.

Then it was time for the pie. The filling was simple: shredded chicken, onions, carrots and celery in a creamy sauce made with butter, flour, broth and milk. The recipe called for canned potatoes, carrots and peas. There's nothing wrong with those, but I already had potatoes at home, so I chopped and boiled three of them



Make homemade chicken broth when you use a rotisserie chicken. Place in pot, cover with water, and put in leftover carrots, celery, onion (skins, too), and leftover fresh thyme; bay leaves, garlic. Bring to a boil, and simmer for two hours. Drain. Store leftovers in jars, let cool. Freeze for future use Build up this stock when you cook throughout the year. Freeze vegetable scraps, leftover sprigs of thyme, rosemary, garlic.



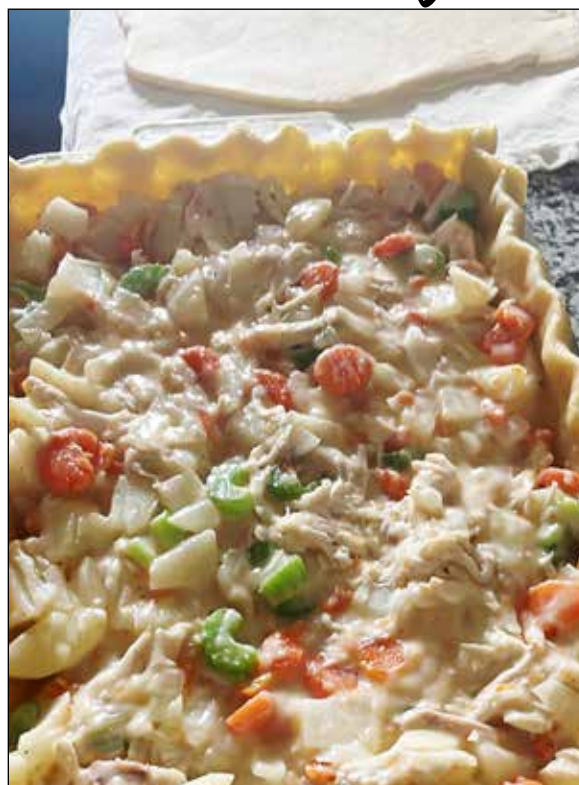
until tender. I used celery in place of peas because my family would enjoy it more.

The simmering broth had made the kitchen smell amazing. I measured out what I needed for the pie and jarred the rest while it baked. Now I have homemade broth ready in the freezer for another few meals — and I know exactly what went into it.

"Going back to basics" doesn't mean making everything from scratch or following a recipe exactly. Sometimes it means looking at what you have before buying something else.



Blog



Sunday dinner of Chicken Pot Pie almost ready to go into the oven. At left, the finished product!

A chicken carcass becomes broth. Vegetables left in the drawer become dinner. An onion brings flavor to both the broth and the filling.

You can make the habit even easier by saving clean onion ends and carrot peels in a freezer bag for your next batch of broth. Freeze extra broth in measured portions for soup, rice or another pot pie. And when a recipe calls for a vegetable your family won't eat, use one they will. That's one of the pleasures of cooking at home: you get to make dinner your own.

Recipe box

Soup season!

More soup recipes, next page

CATEGORY:

Soups & Stews

PREP TIME:

15 minutes

COOK TIME:

25 minutes



Vegetable Rice Soup

- 1 tablespoon olive oil
- 2 medium yellow onions, sliced
- 1 carrot, shredded
- 2 celery stalks, thinly sliced
- 2 cans vegetable broth (14-1/2 ounces each)
- 2 cups water
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3 cups cooked long grain rice

Want to try your hand at making your own vegetable broth? We [found a great recipe here at Oh My Veggies.](#)



Click photo for original recipe

Download coloring book

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 preschoolers.](#)



Fall Vegetables

The ones worth bringing home

Cooler days call for warm, satisfying meals, and fall vegetables make them easy. Markets fill with produce that can be roasted, simmered into soup or added to a weeknight skillet. Many of these vegetables also keep well, so you can buy a few at once and use them throughout the week.

Look for these fall favorites:

- Onions: Sauté them to start a soup, roast wedges alongside dinner or caramelize them for sandwiches and grain bowls.
- Winter squash: Roast butternut, acorn or delicata squash for a sweet side dish.
- Brussels sprouts: Halve and roast them until the edges turn crisp.
- Carrots: Add them to stews or roast them with onions and a little olive oil.
- Beets: Roast them whole, then slice them into salads with greens and cheese.
- Sweet potatoes: Bake them for an easy meal base or cut them into cubes for sheet-pan dinners.
- Cauliflower: Roast florets with garlic and spices, or blend cooked cauliflower into a creamy soup.
- Kale: Stir chopped leaves into soups during the last few minutes of cooking.

For a simple fall dinner, spread chopped onions, squash, carrots and Brussels sprouts on a sheet pan. Toss with



olive oil, salt and pepper, then roast until tender and browned. Add chicken or sausage to the pan, or serve the vegetables over rice with a spoonful of your favorite sauce.

Soup is another good way to use what you bring home. Start with sautéed onions, add broth and a mix of vegetables, then simmer until tender. Beans or leftover chicken can make it a full meal.

What's in season varies by region, so check your local market for the freshest choices. Pick two or three vegetables that look good, and let them guide dinner.

Soup season! Starts Here



A pot of homemade soup is one of the easiest ways to welcome cooler weather. It fills the kitchen with comforting aromas, makes good use of ingredients already on hand and often provides enough food for several meals. The secret to a flavorful pot begins with a familiar ingredient: onions.

Start by cooking chopped or sliced onions in a little butter or oil until they are soft and lightly golden. This simple step builds a rich base for nearly any soup. Add garlic, celery or carrots, then choose a broth, protein, vegetables, grains or beans to complete the meal.

For a bright take on chicken soup, try NOA's [Lemon Chicken & Onion Soup](#). For something creamy and filling, [New England Clam Chowder](#) makes a satisfying supper. [Garden Vegetable Soup](#) offers a flexible way to use seasonal produce, while [Onion and Sweet Potato Soup with Bacon](#) combines sweet, savory and smoky fall flavors.



Of course, onion lovers can put this kitchen staple at center stage. [Classic Onion Soup](#) turns slowly cooked yellow onions, broth, toasted French bread and grated Romano cheese into a warming meal.

[French Onion Country Apple](#)

[Soup](#)

adds apples, cider and cinnamon cheese toast for an autumn spin on the traditional favorite.

Toppings can make even a simple soup feel special. Set out shredded cheese, croutons, toasted nuts, bacon, fresh herbs, sliced green onions, sour cream or crushed tortilla chips and let everyone customize a bowl.

Soup is also a smart make-ahead meal. Let leftovers cool before dividing them into meal-sized freezer containers, leaving a little room for expansion. Freeze broth-based soups with vegetables, meat, beans or grains. For the best texture, add cream, milk, pasta or delicate fresh herbs after thawing and reheating.



Breakfast Sandwich Maker

Busy mornings don't have to mean skipping breakfast or settling for something from the drive-thru. The Hamilton Beach Breakfast Sandwich Maker promises to put a hot, homemade breakfast sandwich on the table in just minutes. And plenty of busy cooks seem to agree it earns its spot on the kitchen counter. With more than 45,000 reviews and a 4.4-star rating, the compact appliance has won praise for its ease of use, simple cleanup, cooking speed, value and sandwich quality. Add an English muffin, egg, cheese and your favorite fillings—including some diced or sautéed onions—and breakfast is ready before everyone heads out the door. Try it with this [Chipotle Egg Sandwich](#).



Titanium Cutting Board

Pure titanium cutting board completely improves the shortcomings of traditional cutting boards: traditional cutting boards are prone to cutting gaps, leaving food residues at the gaps, and absorbing odors and other minor problems. The front side is for cutting fruits and vegetables, and the back side is for cutting meat to avoid cross-use, and make our food processing safer and healthier.

Our cutting boards are made of 100% pure titanium, which is a trusted material for surgical implants. Unlike wooden and plastic cutting boards, pure titanium cutting board do not absorb liquids, and are easy to clean, do not leave any odors or subtle food residues, making them a healthy choice for your kitchen.

Vegetable Slicing Aid

This onion holder slicer is equipped with 10 sharp stainless steel prongs to hold vegetables firmly for slicing, ideal for onions, tomatoes, lemons, and even meats. More than an onion slicer, this tool works great as a vegetable cutter or onion chopper, perfect for slicing avocados, potatoes, and fruits.

Designed with an ergonomic handle for a secure and comfortable grip, the food slicing helper allows for safe and controlled slicing every time.



Silicone Grease Strainer And Keeper

The PrepSolutions Silicone Grease Strainer is a practical kitchen essential that makes managing cooking grease simple and convenient:

- Heat-Resistant Design – Pour hot grease straight from the pan without worrying about melting or damage
- Easy Cleanup – Removable strainer separates solids from grease, and the whole container is dishwasher safe
- Smart Storage – Compact 2-cup capacity fits neatly in your fridge or freezer for convenient grease reuse
- Durable Build – Silicone material lasts through repeated use and handles both bacon grease and cooking oils well



Video Recipe



Pickled Red Onions

Give your favorite meals a bright, tangy twist with homemade pickled red onions.

Cinnamon, allspice, peppercorns, cloves and bay leaves add warmth and depth to the brine, bringing out the onions' natural sweetness while balancing their sharp bite.

They're also surprisingly easy to make, giving you a vibrant addition to any game-day spread or potluck

feast. Bring the spices and brine to a boil; add in the onions, cook for a couple minutes. Let the onions cool, then refrigerate them until they turn a vivid pink and soak up those flavors. Pile them on burgers, hot dogs or sandwiches as a flavorful substitute for mayo or mustard. They're also a tasty way to dress up grilled chicken, pork chops, steak or roasted fish. Keep a jar handy for weeknight meals all week.



Ingredients

Yield: 6-8 servings

Prep time: 20 minutes

Cooking time: 10 minutes

- 2 cups red wine vinegar
- 2 cups water
- 1/2 cup sugar
- 1/2 teaspoon allspice berries
- 1/2 teaspoon whole black peppercorns
- 1/2 teaspoon whole cloves
- 2 bay leaves
- 2 cinnamon sticks
- 1/4 teaspoon salt
- 2 medium red onions



Directions

In a large saucepan, combine the vinegar, water, sugar, allspice berries, peppercorns, cloves, bay leaves, cinnamon sticks and salt.

Heat over medium-high and simmer 5 minutes to infuse the vinegar with the spices.

Toss the onions in the hot pickling liquid. Cook 1 more minute.

Pour the onions and liquid into a heat-safe bowl. If necessary, weight the onions with a heavy pan or plate to keep them submerged in the liquid.

Let cool completely.

Serve chilled or at room temperatures.



One AZ onion-growing family feeds a nation

Before an onion reaches your kitchen, it may begin as a slender young plant grown on a different farm. These plants, called transplants, are raised from seed and shipped to growers who plant them in their own fields. For many onion growers, Sunbelt Transplants in Buckeye, Arizona, helps make that first step possible.

Richard Mayfield started Sunbelt Transplants in 1978 to serve growers in the western United States. Today, the family business supplies onion transplants to customers across the country, as well as in Canada and Mexico. Its team grows more than 50 varieties of onions suited to the amount of daylight in a grower's region — one reason a farmer in one part of the country may need a different transplant than a farmer elsewhere.

Arizona's sunny, dry weather and sandy loam soil help the team grow conventional and organic transplants. When the plants are ready, an experienced crew harvests them by hand and prepares them for shipment. It's careful work: the Mayfields' customers are counting on those young plants to begin their own onion crops.

Gary and Carrie Mayfield farmed in Buckeye since 1996. After graduating from the University of Arizona, their son Jacob spent four years working for a produce company in the Pacific Northwest. He then returned home to help run the family farming operation with Gary. Jacob bought it four years ago, carrying on the legacy as a fourth-generation farmer, with plans to grow and diversify the business with varying crops and consumer markets.

Meet an AZ farming family

Jacob Mayfield, left, is a fourth-generation farmer in Arizona, who in recent years purchase his family business Sunbelt Transplants in Buckeye from his father, Gary, right. At right, Jacob and Jenna Mayfield with their kids, Luke, now 10, Blaine, now 8, Elle, now 6, and James, now 4.



A rizona is famous for desert landscapes and sunny skies, but its farms are also an important source of food. The state has about 15,100 farms and ranches operating across 24.9 million acres.

The Yuma area in southwestern Arizona plays a particularly important role during winter. From mid-November through early April, most lettuce sold in the United States comes from Yuma and Southern California's Imperial Valley. When colder weather slows production elsewhere, Arizona helps keep fresh greens on grocery store shelves. Its farmers grow head, Romaine and leaf lettuce, as well as broccoli, cauliflower, spinach and

other vegetables.

The state's harvest also includes onions, melons, lemons and pecans, while hay supports livestock and dairies produce milk.

Lettuce leads Arizona's crop values. According to the U.S. Department of Agriculture, these crops had the following 2025 production values:

- **Romaine lettuce:** \$525.8 million
- **Hay, mostly alfalfa:** \$437.8 million
- **Head lettuce:** \$433.5 million
- **Leaf lettuce:** \$200.7 million
- **Pecans:** \$92.6 million
- **Cabbage:** \$52.2 million
- **Durum wheat:** \$45.3 million
- **Lemons:** \$24.2 million



A lettuce field in southwestern Arizona. Romaine, head and leaf lettuce are the largest crops grown in Arizona, which allows consumers to have salads all year long. (Photo source: Istock).

Arizona's contribution is especially noticeable in winter, when many other parts of the country cannot harvest fresh vegetables. The next time you pick up a head of lettuce in January, check where it was grown. Arizona may have helped bring that freshness to your plate.