



## How Sweet It Is – Sweet Onions

If you're topping a burger or sandwich with a slice of raw onion, you want an onion that is zesty and crunchy, with just a touch of sweetness—not one that needs cooking to tone down its sharp flavor. The secret? Look for sweet onions at your supermarket.

### FLAVOR

Sweet onions get their delicious mild flavor from the climate where they're grown and the soils that nurture them. They're cultivated in areas with mild winters, few freezing spells, and adequate moisture—primarily Georgia, Texas and Washington state—in soils with low sulfur content. These characteristics create a less pungent onion that is mellower than the more common storage onion. This also gives them another big plus: because sulfur is the compound in onions that can make you cry when you cut into them, sweet onions cause fewer tears!

### BUYING

When purchasing sweet onions look for ones that are light golden-brown with shiny, thin skin that is dry to the touch.

### STORAGE

Because of their higher moisture content, sweet onions may not keep as long in your pantry as run-of-the-mill onions. Keep them cool and dry, by storing them in your refrigerator's vegetable crisper, individually wrapped in paper towels. Or, keep them on a wire rack or screen in any cool, dry, well-ventilated place. Never store onions near potatoes, as the onions will go bad more quickly.

### COOKING

Of course, you don't have to worry about storage if you simply eat them up! In addition to topping sandwiches and burgers, sweet onions are perfect chopped in salads, where more pungent onions can be overpowering. They're also great in uncooked salsas, guacamole, and relishes, for the same reason. Sweet onions are even sweeter when cooked; cut them in half, baste with olive oil and grill; or, quarter them, sprinkle with your favorite dried herbs, drizzle with oil and roast in a 400° oven for 20 minutes.

Enjoy!

