



**PACIFIC COAST
FARMERS' MARKET
ASSOCIATION**

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SPRING INTO FLAVOR - SPRING ONIONS AND S



Spring into Flavor - Spring Onions and Spring Garlic

One of many interesting produce items available at the farmers' market in March and April are spring garlic and spring onions. Their mild and savory flavors are perfect for lighter and more flavorful spring cooking, whether roasted, grilled, or sautéed.

Properly selected and stored produce will ensure that your purchases stay fresh longer and preserve the best flavor for your recipes. Selecting and storing them is easy if you know what to look for and how to take care of them once you get them home.

Spring Onions

Spring onions are so good! Visually, spring onions are like green onions (scallions) but have a larger bulb at the root. Overall, the taste is milder, and the bulbs are especially sweeter and milder than scallions. Spring onions are hard to find at a grocery store but readily available at your farmers' market during the spring months.

Selecting:

- Look for firm bulbs with no discoloration.
- Make sure there is no mold present.
- Look for fresh, crisp green leaves, and avoid those that are wilted or turning yellow. This discoloration means they are older and not as fresh.
- We know bigger seems better but look for smaller bulbs because they offer a milder flavor and are more tender.

Storing:

- Of course, the best way to keep them fresh is to use them shortly after purchase.
- Trim off wilted or damaged parts of the leaves.
- Do not wash before storing. It leads to the development of mold.
- Wrap onions in a paper towel or perforated plastic bag and place them in the crisper drawer of the refrigerator.
- With proper care, these gems can retain their splendor for up to a week.

Spring Garlic

Oh, the joy of spring garlic, if you've never had this divine herb, try it this spring! This is an immature version of the larger garlic bulb. It has not developed the large cloves you're familiar with. It has a much smaller bulb and a pinkish-purple tinge to the stalks. It's hard to find at your grocery store, but always available at your farmers' market in the spring. Its flavor is fresh, mild, and sweet, with an almost nutty aroma. Use as you would regular garlic.

Selecting:

- Look for fresh green stalks and firm, fat bulbs. Spring garlic is not a dry bulb like the more mature dried garlic.
- Be sure there are no soft spots or mold.
- Choose bulbs that are heavy for their size, which indicates they are the freshest.

Storing:

- Trim off wilted or damaged parts of the leaves.
- Do not wash before storing. It leads to the development of mold.
- Wrap spring garlic in a paper towel or perforated plastic bag and place it in the crisper drawer of the refrigerator.
- With tender care, they can remain vibrant for up to a week.

Be sure to try these delightfully mild spring versions of mature garlic and onions. They remain available through the spring months, providing crispness and lightness that will reflect the season on your plate. Let the vibrant hues and tantalizing tastes of spring garlic and spring onions transform your dishes into extraordinary culinary masterpieces.

TAGS

[onions](#) [garlic](#)

