



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Fall

Onion

Dakota: Psin

Lakota: pšíŋ

Lesson Plan

Objectives

Participants will:

- identify onions as a vegetable from MyPlate.
- increase knowledge in the growth, selection, storage and use of onions.
- demonstrate safely chopping an onion.
- demonstrate the use of onions in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Onion Nutrition Information Sheet
- Visuals of or real onion sets
- Fresh and dried onion samples
- ½ and ¼ cup measuring cups

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet

Recipe Choices

- Onion and Celery Seed Relish
- Easy Summer Salad

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Measuring Liquid and Dry Ingredients
- Knife Safety and Cutting Boards

Other Cooking and Food Safety Skills

- Kitchen terms - chop and dissolve

Supplies for Onion Lesson

- Onion and Celery Seed Relish
 - » Liquid measuring cup
 - » Measuring spoons
 - » Measuring cups
 - » Salad bowl
 - » Spoon
 - » Knife
 - » Cutting board
- Easy Summer Salad
 - » Bowl
 - » Spoon
 - » Vegetable peeler
 - » Knives
 - » Cutting boards
 - » Measuring spoons

Notes

- Dakota and Lakota translation of the name of the produce is available at the end of this document.

Wild Onion

Original to South Dakota prior to European settlement.

- Dakota name- Psin
- Lakota name- pšíŋ

Harvested in early spring, the wild onion has a sweet flavor and was used to flavor roasted meats, stew, soups and to make broth or tea.

Dakota word translation and perspective provided by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.

What You Say:	What You Do:
Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is. • They have been grown for 7,000 years and there are 500 varieties. • The average American eats around 21 pounds of this vegetable every year in the fresh or processed form. • This is one of the top 5 fresh vegetables in the United States. • The bulb of this plant grows underground with green stems shooting up. (Answer: Onion.)	• Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of onions.
Onions are a cool season vegetable. Bulb onions can be yellow, red or white. There is also the green onion variety. The yellow onion is the sweetest and can be used for cooking or eating raw. Red onions have a slightly stronger flavor and are often eaten raw in salads and on burgers. Onions are suited to grow throughout most of North America.	• Show visuals or the real varieties of yellow, red, white and green onions.
There are 5 subgroups of vegetables: dark green, red and orange, beans and peas, starchy and others. We need to make sure we are eating vegetables from each of these groups because each have different vitamins and nutrients in them. Do you know what subgroup onions would be in? (Answer: Others.) Different vegetables come from different parts of a plant. They can be either a root, stem, leaf, fruit, flower or seed. What part of the plant do you think onions are? (Answer: Root.) Do you know why plants need their roots? (Answer: Roots provide support by anchoring the plant. Roots also absorb water and nutrients for the plant and store sugar and carbohydrates. Some plants have tubers for extra storage of nutrients.)	• Refer to the Vegetables Subgroup visual. • Call on people to answer questions. • Show Parts of the Plant visual.

What You Say:	What You Do:
Onions can be grown from sets, transplants or seeds. The easiest way to grow onions in the garden is from sets. The plants are quickly established using this method. Onions prefer fertile soil, adequate moisture and cool temperatures.	• If possible, show an onion set or the visual of one.
Plant the onion sets about 1-inch deep and 2-4 inches apart for bulb onions. For green onions, plant them close enough to touch one another. Onions have shallow roots and compete poorly with weeds, so they need to be weeded often.	
Green onions are ready to be pulled when their tops are about 6-inches tall. Green onions become stronger in flavor as they increase in size. All parts of the green onion above the root are edible. It is best to harvest green onions as you need them. For longer storage, rinse the dirt from the small bulb and dry, peeling away the first layer if necessary. Trim the roots. Place them in a perforated plastic bag and store them in the refrigerator for up to a week.	• Demonstrate preparing a green onion for refrigerator storage.
Harvest mature bulb onions after their tops have fallen over. Pull the onions and let them air dry for a few days. To do this, place them in a single layer on newspaper in a well-ventilated place. The outer skins will become paper-like and crispy. After the onions are allowed to dry, the tops can be cut to 1-2 inches in length. Store the onions in a cool, dry place where they will keep for months.	• Show a mature, dried onion to illustrate the dry, crispy outer skin.
When purchasing onions in the grocery store, look for firm and dry onions with bright, smooth outer skins. Do not purchase onions with wet or very soft necks or with fresh sprouts coming out of the neck. Onions are often sold by the pound and may be packaged in to 2-5 pound netted bags. There are 4-5 medium onions in 1-pound. One medium, peeled onion yields about 1 cup of chopped onion. Onions can also be purchased dried.	• With a real onion, show where the neck of the onion is. • Show a sample of dried onions.

What You Say:	What You Do:
According to the USDA MyPlate, we should be filling $\frac{1}{2}$ of our plates with fruits and vegetables. Depending on your age and gender, we should be eating between 1-4 cups of vegetables a day. Eating onions can help us to reach this goal. A $\frac{1}{2}$ cup of chopped raw or cooked onion counts as $\frac{1}{2}$ cup from the MyPlate vegetable group. Two slices of onion are equal to about $\frac{1}{4}$ cup.	• Show the MyPlate visual. • Refer to the Daily Recommendations visual. • Show a $\frac{1}{2}$ and $\frac{1}{4}$ cup measure.
To prepare an onion for chopping, use a knife to cut off one end of the onion. Peel off the outside skin. Then cut the onion in $\frac{1}{2}$. Place the onion, cut side down, on a cutting board and begin chopping. If you are not going to use the entire onion, wrap the part that you are not going to be using in plastic wrap and store in the refrigerator for up to 1 week. To prevent your eyes from tearing, when chopping onions, chill peeled onions in the refrigerator first. To get onion smell off from your hands, rub them with lemon juice or vinegar.	• Demonstrate peeling and chopping an onion. • Demonstrate storing leftover onions.
What are some ways that we can use onions? Onions can be eaten raw, broiled, boiled, baked, creamed, steamed or fried. They can be used in soups and stews and in combination with other vegetables and meats.	• Allow participants time to discuss ways to use onions.
Why would we want to eat onions? Onions are low in sodium, cholesterol-free, a good source of dietary fiber and high in vitamin C. Vitamin C helps cuts and bruises to heal.	• Call on someone who would like to answer. • Refer to the Onion Nutrition Information sheet.
Are you ready to try out a recipe using onion? What is the first thing we do before preparing a recipe? (Answer: Wash our hands.)	• Call on someone for the answer. • Review Handwashing skill sheet.

Use this page if you are going to prepare Onion and Celery Seed Relish

Equipment List

- Liquid measuring cup
- Measuring cups
- Spoon
- Cutting board
- Measuring spoons
- Salad bowl
- Knife

What You Say:	What You Do:
Today we are going to be making Onion and Celery Seed Relish. This recipe uses 2 vegetables. Can you tell me what they are? (Answer: Onions and Celery.)	• Pass out the recipes. • Call on someone to answer.
Let's read through the recipe.	
We will be thinly slicing small, green onions. What equipment will we need for this step? (Answer: Knife and cutting board.) What things do we need to remember about cutting boards? We will be chopping the celery. What does the term "chop" mean? (Answer: To cut solids into pieces with a sharp knife or other chopping device.)	• Allow participants to answer. • Refer to Knife Safety and Cutting Boards skill sheet. • Define "chop".
What kind of measuring cup should we use to measure the vinegar? (Answer: Liquid measuring cup.) How do we measure liquids? (Answer: At eye level.)	• Allow participants to answer. • Refer to Measuring Liquid and Dry Ingredients skill sheet. • Demonstrate measuring a liquid.
The vinegar and sugar are mixed together until the sugar is dissolved. What does the cooking term "dissolve" mean? (Answer: To cause a dry substance to pass into solution in a liquid.)	• Define "dissolve".
What types of fish do you think this relish would taste good on? Are there any other uses that you can think of for this relish?	• Allow participants to answer and discuss.

Use this page if you are going to prepare Easy Summer Salad

Equipment List

- Bowl
- Vegetable peeler
- Cutting boards
- Spoon
- Knives
- Measuring spoons

What You Say:	What You Do:
Today we are going to make Easy Summer Salad. Let's read through the recipe first. What is the first thing that we need to do before preparing food? (Answer: Wash our hands.)	• Pass out the recipe, read aloud together. • Review Handwashing skill sheet.
This recipe uses 4 vegetables. Can you name them? (Answer: Cucumber, onion, tomato and garlic.) How many cups of vegetables should we eat each day? (Answer: It depends on our age and gender; between 1-3 cups.)	• Call on someone who would like to answer.
We will be peeling the cucumber and onion before cubing them. We will also be cubing the tomato. What does the term "cube" mean? (Answer: To cut into small squares.) What do we need to do to the vegetables before cutting them? (Answer: Wash them.) We will be using a knife and cutting board to cube the vegetables. What are some things we need to remember about knife and cutting board safety?	• Call on someone who would like to answer. • Review Washing Fruits and Vegetables skill sheet. • Review Knife Safety and Cutting Boards skill sheet.
When we measure the lemon juice and oil it is a good idea to measure over another bowl rather than the serving bowl, so that if we overfill our measuring spoon, the excess goes into that bowl rather than the serving bowl.	• Demonstrate measuring over a small bowl vs. the serving bowl.

Visuals



An onion field



Yellow onions growing in a garden



Red, white, and yellow onions



Green onions

Onion Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Onion, white	½ cup 80g	34	1.1	0	5	115	15
Onion, green	½ cup 50g	16	1.3	0	9	138	32
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)

Onion Sources

Recipe

- myplate.gov/myplate-kitchen/recipes

Other

- fruitsandveggies.org/
- fns.usda.gov/
- dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/fact-sheet-onion.pdf
- urbanext.illinois.edu/veggies/onion.cfm

Cooking Terms

- eatgathergo.org/eat/cooking/cooking-basics-tips/

Dakota translation and perspective

- Translated by a member of Hunkapti Dakota.

Lakota translation

- Translated by Jeshua Estes

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Fall

Onion

Dakota: Psin

Lakota: pšín

Pick it!

Onions are yellow, red or white.

They have firm flesh and dry, crackly outer skins. Avoid any soft spots or sprouts.

Green onions (scallions) have a smooth root and hollow green stem; both can be eaten and have a mild flavor.

Onions provide flavor and health promoting phytochemicals and nutrients.

Store in a cool, dry space away from bright light.

Chill in refrigerator before cutting to reduce chance of tears.

Lemon juice or vinegar removes smell from hands.

Try it!

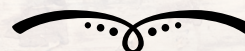
Can be eaten raw or cooked. Remove outer layer of skin and slice or chop.

Onions may be boiled, braised, baked, microwaved or sautéed.

Yellow onions: full flavored, work in most cooking. When cooked, they become sweeter and turn brown.

Red onions: used fresh or grilled.

Onions are a good source of vitamin C and B6, folate and potassium.



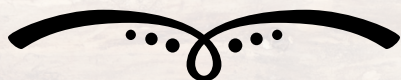
Types of Onion

White: Light and mild flavor, often used in Mexican cuisine.

Yellow: Sweetest, great for cooking and eating raw.

Red: Most popular for raw eating, stronger flavor than yellow and white.

Green: Milder and softer, use root and stem as garnish for omelets and soups.



Did you know...

Vitamin B6, pyroxidine, helps make glucose, releases energy, helps with protein digestion and supports a healthy immune system.

Like it!

Onion and Celery Seed Relish

Ingredients

- 1 cup white wine vinegar or distilled white vinegar
- 2 Tablespoons powdered sugar
- 2 Tablespoons celery seeds
- 2 cups green onions, thinly sliced, no green tops
- 1 cup celery, finely chopped
- ½ teaspoon red pepper flakes

Directions

1. Mix vinegar and sugar in a salad bowl until sugar is dissolved.
2. Add celery seed, pepper flakes, onions and celery.
3. Mix until all ingredients are combined evenly.
4. Cover and chill for several hours or overnight.
5. Serve cold alongside your favorite poultry or fish dish.

Yields 12 servings

Nutrition Facts per Serving:

Calories 20; Fat 0g; Cholesterol 0mg; Sodium 10mg;
Carbohydrates 5g; Fiber 1g; Sugar 3g; Protein 1g

Easy Summer Salad

Ingredients

- 1 cucumber, peeled and cubed
- 1 red onion, peeled and cubed
- 2 tomatoes, cubed
- 1 clove garlic, minced
- 4 Tablespoons lemon juice
- 1 Tablespoon vegetable oil
- ¼ teaspoon salt
- Black pepper, to taste

Directions

1. Add cucumbers, onions, tomatoes and garlic in a large bowl.
2. Stir in lemon juice, salt and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

Yields 2 servings

Nutrition Facts per Serving:

Calories 80; Fat 4g; Cholesterol 0mg; Sodium 160mg;
Carbohydrates 13g; Fiber 2g; Sugar 7g; Protein 2g

Dakota Perspective (Wild onions)

Dakota: Psin

Lakota: pšín

Harvested in early spring, the wild onion has a sweet flavor and was used to flavor roasted meats, stew, soups and to make broth or tea.

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**Find more recipes
and videos at
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