



Red Spring Onion

What is it?

Red Spring Onions have a striking crimson red color and are rich in antioxidants. They are harvested when young because they have a delicately sweet flavor to them before maturing into a full bulb, and the younger onions tend to have a more vivid color to them. They look very similar to scallions, the only difference being onions have a much more bulbous shape to them.

What does it taste like?

Since these onions are so young they have a milder flavor than a traditional, fully grown onion. They have a touch of spiciness when eaten raw but cooking them brings out a much sweeter flavor and makes the texture much more tender. Red onions of any sort have a higher sugar content than most white or yellow onions, giving them a sweeter taste.

What to do with it?

These young onions can be eaten both raw and cooked and can be incorporated into many different kinds of dishes. Use either the bulb or green tops as a perfect raw topping for a salad, sandwich, or burger to add a kick of sweet, savory flavor. Or try roasting these onions in olive oil until browned, add balsamic vinegar, and continue roasting until the liquid is almost gone. This makes an amazing red spring onion confit that can be used to top fish or poultry.

How to store it?

It's best to keep these onions store in the refrigerator, preferably in the crisper drawer, in a sealed bag. They contain more moisture than mature onions, so keeping them unrefrigerated can cause them to mold within the first couple days.