

Click the image
learn
how they grow!



JERSEY TASTES! ACTIVITY SHEETS

Savory Scallions

SCALLION FUN FACTS

- SCALLIONS ORIGINATE IN EASTERN EUROPE (WALES)
- THEY ARE PART OF THE LILY FAMILY
- THE ENTIRE SCALLION IS EDIBLE AND IS USED IN A VARIETY OF DISHES

ALL ABOUT SCALLIONS

GREEN ONIONS ARE BULB/STEM VEGGIES THAT ARE HARVESTED BETWEEN MAY AND NOVEMBER. YOU CAN FIND LOTS OF GREEN ONIONS AT [LOCAL NJ FARMERS MARKETS](#) AS THEY ARE ONE OF NJ'S MOST POPULARLY GROWN VEGETABLES.

[Click here for
fun fact video](#)

SCALLION SCIENCE PROJECTS

PRE SCHOOL/PRE-K: [GROWING ONIONS IN 10 DAYS](#)

ELEMENTARY SCHOOL - [HOW DO TREES GET THEIR WATER?](#)

MIDDLE SCHOOL - [REGROWING GREEN ONIONS IN WATER VS SOIL](#)

HIGH SCHOOL - [HOW DOES THE ENVIRONMENT IMPACT GROWTH?](#)



[Click here
for recipe
video](#)

RECIPES TO TRY

BREAKFAST - [GREEN ONION SCRAMBLED EGGS](#)

LUNCH - [MUSHROOM AND GREEN ONION STIR FRY](#)

DINNER - [GINGER-SCALLION NOODLE BOWL](#)

SNACK - [SCALLION PANCAKES](#)

HEALTHY FACTS!

HIGH IN DIETARY FIBER
(DECREASES CONSTIPATION)
HIGH IN VITAMIN C
(LOWER BLOOD PRESSURE)
HIGH IN VITAMIN A
(IMPROVES VISION)
HIGH IN CALCIUM
(IMPROVES BONES)

MADE IN COLLABORATION WITH:

**Rachel
Lawrence**
of Lenape H.S.



1st Place Winner
Jersey Tastes!
Harvest of the
Month Contest

