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

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?

RECIPIES TO TRY

BREAKFAST - GREEN ONION SCRAMBLED EGGGS
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)

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.