

Onion Sizing Chart

IDAHO-E. OREGON SPANISH SWEET

ONIONS

Use this visual Guide when ordering your next shipment of Idaho-E. Oregon Spanish Sweet Onions.

These are general size images for yellow, red and white onions.



Size may vary within each group.

Onion Bloom

One of the most popular appetizers is the Onion Bloom, made with Yellow Super Colossals.

Idaho-E. Oregon Spanish Sweet
Onion Bloom (Fried) Yield: 24 Servings

Ingredients

6 Coloassal or Super Colossal
Idaho-E. Oregon yellow onions
5 Cups Flour
5 tsp. Salt
2 1/2 tsp. Black pepper
5 tsp. Paprika
2 Cups Buttermilk
Vegetable oil for frying



Method

Peel onion. Slice 1/2" off the top of the onion. Trim root end slightly, so it stands upright. Stand the onion on its root end. Using a paring knife, cut triangular slices to center of onion, slicing from top down to within 1/2" of the bottom. (Outer layers can be cut further down than center layers.) Work all the way around to make 1" petals. Do not cut all the way through the bottom of the onion.

Refrigerate onion covered in ice water until layers open up, one to three hours. Drain well.

Mix together flour, salt, pepper, and paprika. Sprinkle onion with seasoned flour, gently spreading layers apart.

Dip in buttermilk and allow onion to set for no longer than two minutes. Remove and again sprinkle with seasoned flour.

Remove extra batter that accumulates in core and deep fry in oil at 350 degrees F until golden brown, about 5-7 minutes. Drain well. Cut out center of onion to allow petals to separate. Place Barbecue Dipping Sauce in small dish and place in center of onion. Serve immediately. One onion serves four.

Super Colossal

Most onion bloom appetizers are made with Super Colossal onions.

Yellow

Great for Onion Bloom Appetizers



YELLOW SUPER COLOSSAL

DIAMETER SIZE
(10.80 CM AND UP)

4 1/4" AND UP
(SIZE MAY VARY)

Onion Quality

Federal Marketing Order 958

Our goal is to work with all segments of the produce industry to provide consistently sized onions and the best possible quality available.

We work to increase consumption of Idaho-Eastern Oregon onions through the use of promotional programs, education, advertising and communications.



We partner with our growers and shippers to create programs to entice buyers, creating a demand for mandatory-inspected Idaho-Eastern Oregon onions.

We are the only storage onion region in the United States governed by a Federal Marketing Order (#958). Our onions are inspected daily by the Federal-State Inspection Service to certify that they are in accordance with grade, size, pack, and maturity requirements—another reason why our onions are some of the most popular grown anywhere in the world!

Colossal

Larger sized onions have more layers, creating larger blooms.

Yellow

More Layers... Larger Blooms



COLOSSAL YELLOW

DIAMETER SIZE
(9.53 CM AND UP)

3³/₄" AND UP

The Growing Region

The Idaho-E. Oregon Onion Region

Growers in the sunny, fertile Snake River Valley of Idaho and Eastern Oregon produce more high-quality storage onions than any region in America, planting approximately 21,000 acres every year. This combination of climate and soil creates favorable growing conditions for third-and fourth-generation farmers who harvest more than 22,000 carlots (40,000 lbs. per carlot) annually.

Our growers plant yellow, red, and white varieties of sweet Spanish seed. Sometimes these onions are also called "Spanish Onions" or "Spanish Sweets." The crop is planted in March and April, and harvest begins in August and continues into October. Yellow onions account for approximately 90% of the acreage. With state-of-the-art storage facilities, premium Idaho-Eastern Oregon onions are available from August to March/April.

Like grapes grown for fine wine, onions also respond to soil qualities, sunlight, and the latitude and longitude of their growing area. The rich volcanic soils and dry climate that produce outstanding potatoes also produce some of the finest onions in the world, with a unique combination of mild flavor, large size and tight, dry skins.

Jumbo

Jumbo is the ideal size for nearly any menu item.

Yellow

**Jumbo onions are top quality
and are the main size of the crop**



JUMBO YELLOW

DIAMETER SIZE
(7.62 CM AND UP)

3" AND UP

Storage Tips

Idaho-E. Oregon Onions have a long storage life

One of the best things about Idaho-Eastern Oregon Spanish onions is their long storage life. Under the proper conditions, these onions will retain their freshness and firm texture for up to nine months, reducing waste from spoilage.

General tips:

Onions should be kept in a cool, dry, well-ventilated area. Store onions at 34 to 45 degrees F (1.1 to 7 degrees C) with 65% to 70% relative humidity.

Keep onions out of direct sunlight.

Tips for commercial operations:

When storing large quantities of onions, use high volume fans to keep onions dry and prevent decay.

Bagged or boxed onions should be stored at least one foot away from walls and other pallets to provide good air movement.

DO NOT store whole onions in plastic bags or use plastic pallet wrap on onions. The lack of air circulation reduces storage life.

Medium

Request
Idaho-E. Oregon
Onions by Name

Yellow

**Onions provide good plate coverage
and add flavor to any dish**



MEDIUM YELLOW

DIAMETER SIZE
(5.72 CM TO 8.26 CM)

2 1/4" TO 3 1/4"

Prep Tips

How to Peel and Cut Idaho-E. Oregon Onions

Peeling and Cutting Onions

Cut ½-inch off the neck end of the onion, but leave the root end intact. Peel off the outer layers of the onion until all the thin, papery layers are removed. If the outer skin is extremely thin, peel the onion under warm running water to make the skin easier to remove.

Onion Slices

Place a peeled onion on its side and slice downwards. The thickness of slices can vary. For onion rings, cut the desired thickness and carefully separate each slice into individual rings. If the slices are difficult to separate, hold them under extremely warm water; the layers will become more pliable and easier to separate. Save the centers of the rings for dicing or mincing.

Onion Wedges

Place a peeled onion on its bottom and cut the onion in half from neck to root. Cut each half in half again. Repeat until desired size is achieved. The root plate will hold the wedge together as one unit.

Diced/Chopped Onions

Cut a peeled onion into ¼- to ½-inch-thick slices. Stack three or four slices in a pile, keeping the larger slices on the bottom. Cut onion pile into ¼-inch strips in one direction. Keeping onion strips in a pile, cut strips in the opposite direction to create chopped onions.

Or place a peeled onion on its root end. Make six to eight cuts across the exposed face, cutting towards the root end but stopping three quarters of the way through the onion. Do not cut through the root base of the onion. Then cut the onion in the opposite direction, creating a checkerboard pattern. Turn the onion on its side and slice to create small diced onions.

Pre Pack

U.S. #1

Spanish Sweet Onions have been
federal/state inspected.

**The Idaho-E. Oregon region is the
largest onion-growing area in the U.S.**



PREPACK YELLOW

DIAMETER SIZE
(4.45 CM TO 6.99 CM)

1³/₄" TO 2³/₄"

HACCP

Idaho-E. Oregon Onion Shippers are BIG on food safety

Leaders

Reflecting their industry leadership, Idaho-Eastern Oregon onion shippers helped create the Hazard Analysis and Critical Control Point (HACCP) guidelines that govern our industry. Most sheds voluntarily have their facilities tested by third-party auditors for compliance with these guidelines and Good Manufacturing Practices (GMP) This ensures food safety and provides trace-ability of our onions, all the way back to the field where they were grown.



Large or Jumbo

White onions are preferred for Latin dishes.

White

**Shippers from Idaho-E. Oregon
make food safety a priority**



LARGE OR JUMBO WHITE

**DIAMETER SIZE
(7.62 CM AND UP)**

**3" AND UP
(SIZE MAY VARY)**

Handling Tips

Try these useful tips in storing and handling Spanish Sweet Onions

Eliminate waste by storing cut onions in sealable plastic bags and refrigerating.

Use a stainless steel knife (not iron) when cutting onions, because onions can remove accumulated oxidation on iron metal.

Why do onions make you cry? Onions contain sulfuric compounds that, when cut, go into the air and dissolve in the small amount of water in your eyes causing tear ducts to react.



To help to prevent tearing, refrigerate an onion 30 minutes to one hour before cutting. Peel the onion under cold running water. Always cut an onion from the neck end first, the sulfur compounds tend to be stronger at the root.

To help mellow a strong onion, cut the onion into rings or dice and let soak in lemon juice and water (one part lemon juice to three parts water) for 10 to 15 minutes or longer.

Medium

Medium onions
are great for small
side dishes.

White

**Reduce daily prep time by chopping
and dicing onions that will be
frozen for future use**



MEDIUM WHITE

DIAMETER SIZE
(5.08 TO 8.26 CM)

2" TO 3 1/4"
(SIZE MAY VARY)

Onion Nutrition

**Idaho-E. Oregon Spanish Sweets
contain minimal sodium and
have zero fat and cholesterol**

Nutrition Facts

Serving Size 1 medium onion
(148g/5.3oz.)

Amount per Serving

Calories 45 Calories from Fat 0

%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Potassium 190 mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 9g	

Protein 1g

Vitamin A 0% Vitamin C 20%

Calcium 4% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your Daily calorie needs.

Source: USDA
Federal Register August 17, 2006

Pre Pack

Spanish Sweets are grown in the sunny fertile soil of the Snake River Valley.

White

Onions add wonderful flavor and are considered a healthy choice



PRE PACK WHITE

DIAMETER SIZE
(4.45 CM TO 7.62 CM)

1 3/4" TO 3" *

*ACCEPTABLE TO SHIP U.S. #1, 1 1/2" AND UP UNDER FEDERAL MARKETING ORDER 958. THEY MIGHT NOT MEET THE U.S. DESIGNATION OF PREPACK.

Onion Yields

**Onion Yield Data was produced
exclusively for the
Idaho-E. Oregon Onion Committee**

ONION YIELD DATA					
ONION SIZE	2½"	3"	3½"	4"	4½"
Raw Onion Average Weight	4.34 ounces	7.27 ounces	11.09 ounces	16.17 ounces	21.62 ounces
Raw Onion Weight Range	3.71 - 5.33 ounces	6.26 - 9.23 ounces	10.06 - 12.32 ounces	15.00 - 18.06 ounces	20.85 - 22.07 ounces
Usable Peeled Onion Per Raw Onion Weight	73.54%	77.72%	78.54%	80.77%	81.64%
Peeled Onion Weight Range	2.47 - 4.68 ounces	4.81 - 7.84 ounces	7.7 - 10.11 ounces	11.46 - 15.64 ounces	15.90 - 18.96 ounces
Usable Onion Slabs Per Raw Onion Weight	61.75%	64.65%	69.43%	73.28%	74.19%
Usable Onion Slabs Average Amount	3.27 Slabs	4.08 Slabs	4.58 Slabs	5.17 Slabs	6.58 Slabs
Usable Onion Slabs Range	3 - 4 Slabs	4 - 5 Slabs	4 - 5 Slabs	5 - 6 Slabs	6 - 8 Slabs
Usable Onion Rings Per Raw Onion Weight	54.38%	58.73%	64.83%	69.08%	69.47%
Usable Onion Rings Average Amount	15.55 Rings	21.91 Rings	31.33 Rings	38.25 Rings	49.75 Rings
Usable Onion Rings Range	12 - 19 Rings	16 - 27 Rings	24 - 38 Rings	30 - 49 Rings	38 - 59 Rings
Usable Onion Slivers Per Raw Onion Weight	72.65%	72.36%	76.49%	79.55%	79.41%
Usable Onion Diced Per Raw Onion Weight	69.56%	76.35%	77.20%	78.43%	79.22%
Measure Diced Onions Per Raw Onion Weight	2.47 cups per pound	2.71 cups per pound	2.74 cups per pound	2.79 cups per pound	2.82 cups per pound
Usable Minced Onions Per Raw Onion Weight	68.59%	74.95%	76.27%	74.74%	77.08%
Measure Minced Onions Per Raw Onion Weight	4.38 cups per pound	4.80 cups per pound	4.88 cups per pound	4.78 cups per pound	4.93 cups per pound

Boiler

Onion harvest
begins in early
August.

White

Specialty onion sizes are available



BOILER WHITE

DIAMETER SIZE
(2.54 CM TO 4.76 CM)

1" TO 1 7/8"

*ACCEPTABLE TO SHIP U.S. #1, 1" TO 2" UNDER FEDERAL MARKETING ORDER 958.
THEY MIGHT NOT MEET THE U.S. DESIGNATION OF BOILER

Onion Prep Times

**Onion preparation times
are important in
commercial operations**

ONION PREPARATION TIMES											
ONION SIZE	2½"		3"		3½"		4"		4½"		
	minutes per pound	pounds per hour	minutes per pound	pounds per hour	minutes per pound	pounds per hour	minutes per pound	pounds per hour	minutes per pound	pounds per hour	
Peeling	1.66	36	.99	60	.65	92	.45	132	.33	182	
Cutting Slabs	2.66	22	1.99	30	1.65	36	1.45	40	1.33	45	
Making Rings	5.66	10	4.32	14	3.64	16	3.24	18	3.00	20	
Cutting Slivers	3.69	16	2.99	20	2.65	22	2.45	24	2.33	25	
Dicing	3.99	15	3.32	18	2.98	20	2.78	21	2.66	22	
Mincing	3.02	20	2.35	25	2.01	30	1.81	33	1.69	35	

*Medium size vs. super colossal size. Prep times under laboratory conditions. Foodservice operator prep time may vary



Large or Jumbo

Shippers from Idaho-E.
Oregon can supply you with
all your onion needs.

Red

Red onions add color to any menu item



LARGE OR JUMBO RED

DIAMETER SIZE
(7.62 CM AND UP)

3" AND UP
(SIZE MAY VARY)

New Recipes

**The Idaho-E. Oregon Onion Committee
is always finding new and exciting
ways to cook with Spanish Sweets**



Spanish Sweet Onion Nachos is just one of the many exciting recipes available from the Idaho-E. Oregon Onion Committee. Recipes can be found on our web site:

www.BIGONIONS.com

Recipes are also available in full-color cards.

Medium

Red onions are popular for
salads and pizzas.

Red

**Red onion recipes can be found at:
www.BIGONIONS.com**



MEDIUM RED

DIAMETER SIZE
(5.08 CM TO 8.26 CM)

2" TO 3 1/4"

*ACCEPTABLE TO SHIP U.S. #2 OR BETTER GRADE, 1 1/2" MINIMUM
DIAMETER UNDER FEDERAL MARKETING ORDER 958.
THEY MIGHT NOT MEET THE U.S. DESIGNATION OF MEDIUM

Increase Sales

**Participate in one of our
Promotional Programs**

Bloom

BROKER INCENTIVE
PROGRAM



ANNUAL RETAIL DISPLAY
CONTEST



FOODSERVICE MATERIALS



RETAIL MATERIALS



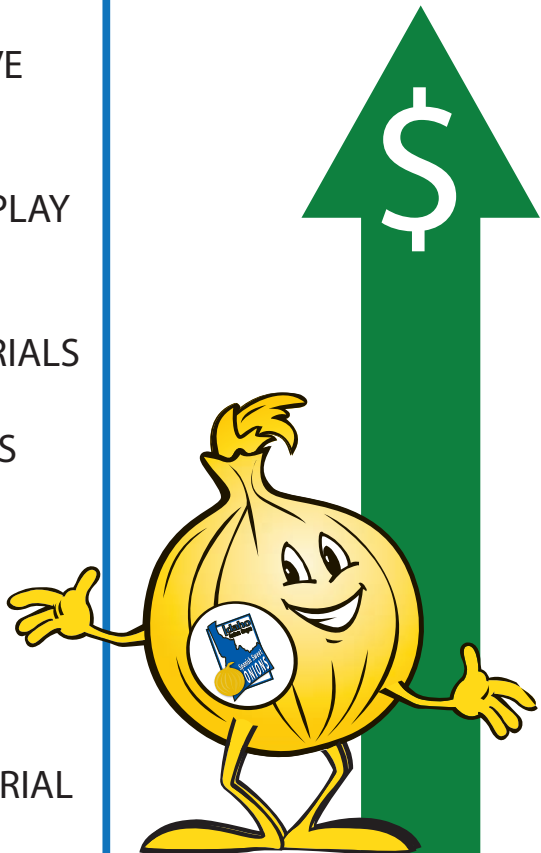
POINT OF SALE
MERCHANDISE



RECIPE CARDS



EDUCATIONAL MATERIAL



Pre Pack

Red Onions
dress up any
salad.

Red

**Use Idaho-E. Oregon Onion promotion
programs and materials to increase sales**



PRE PACK RED

DIAMETER SIZE
(4.45 CM TO 6.99 CM)

1 3/4" TO 2 3/4"

Idaho-E. Oregon Onion Committee

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