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Kitchen Diva

Season Spring with Onions

by ANGELA SHELF MEDEARIS

Wild onions were among the first foods that mankind gathered and ate, and are one of the first signs of spring. Onions are in the allium family along with garlic and shallots. There's nothing like the intense flavor (or the smell) of an onion! Spring onions are my favorite type of onion, both as an ingredient and as a vibrant, flavorful garnish. Spring onions also are called green onions, young onions, pencil onions and scallions.

Scallions aren't as fully ripened as a green onion and should not have a bulb. Spring onions are the milder, first stage of a mature onion. If left in the ground to grow, they'll form into an onion bulb.

Larger, older spring onions may have limp or faded stalks and a stronger flavor than the smaller ones. Spring onions should be small and thin, with a firm base at the root tip and crisp, bright green leaves. Select spring onions that are not fully developed, with a white bulb end and long, green stalks. The flavor of the leaves is milder than the root end. Spring onions will keep for five to seven days when wrapped in plastic and stored in the refrigerator.

Spring onions are a great source of vitamins A and C, iron, calcium and fiber. They also contain a substance that prevents the formation of blood clots. Eating onions helps to lower blood pressure and cholesterol levels.

To prepare the spring onions, cut off the roots and peel away the outer layer to remove any lingering dirt. Next, rinse the leaves, spreading them gently with your fingers to get at the dirt in the crevices. Both parts are edible. Although the white bulb is listed most often as part of recipes, the green leaves also should be incorporated into recipes and as a garnish.

Use the leaves to add a wonderful burst of green color, to tie up appetizers into a package or to use as a frilly, edible garnish. To curl the ends, cut off the roots and all but about 3 inches of the green tops. Slice the tops lengthwise down from the green end into the white section. Put the leaves in cold water and chill for several hours to curl them.

While spring onions are best served raw, they're also delicious grilled or sauteed. They should be added during the final stages of a recipe for maximum flavor. This recipe is a showcase for two vegetables that will brighten up your dinner plate with the colors and flavors of spring!



Photo credit: Deposit Photos

Sauteed Spring Onions with Asparagus

2 pounds green asparagus with pencil-thin stalks
1 whole bunch of spring onions or green onions, root bottoms removed and discarded
1 tablespoon olive oil
1 tablespoon unsalted butter
2 cloves garlic, minced
1 tablespoon dried Italian seasoning
1 teaspoon salt
1 teaspoon ground black pepper

1. Trim the woody bottoms from the asparagus and discard. Slice asparagus diagonally into thirds and set aside. Slice spring onions or green onions in 1/4-inch slices and set aside.

2. Add the olive oil and the butter to a medium pan over medium heat. When the butter begins to bubble, add the spring onions, garlic and Italian seasoning, and saute until the onions begin to soften, about 2-4 minutes.

3. Add the asparagus and sprinkle the vegetables with the salt and black pepper. Combine the ingredients and saute, uncovered for 7-10 minutes or until the asparagus can be pierced easily with a fork.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Stickeler's Answer

Stickelers Answer

The numbers are 102 and 74.
Think of this as two different sequences:

9 ↓ 12 ↓ 18 ↓ 30 ↓ 54 ↓ 102
3 ↓ 6 ↓ 12 ↓ 24 ↓ 48
and
12 ↓ 14 ↓ 18 ↓ 26 ↓ 42 ↓ 74
2 ↓ 4 ↓ 8 ↓ 16 ↓ 32

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