

# Green Onion

- [Phytopedia](#)
- [VEGETABLES](#)



Green Onion's green color prevents skin wrinkling and has anti-cancer properties

## GEEK TALK

*Allium cepa*

## BUT WE TALK

Sallions, spring onions, salad onions, table onions, green shallots, onion sticks, long onions, baby onions precious onions, yard onions, gibbons, syboes

## DID YOU KNOW?

Known for their slightly deintensified onion taste and strong aroma, the green onion is a very versatile onion. While many refer to the green onion as a scallion, they actually have a small white bulb, unlike a scallion, and are slightly bigger than the scallion as well.

The green onion is pulled from the ground before its bulb is fully mature. The bulb is white in color while its stalk, which is equally edible, intensifies from light green to dark as you move further away from the bulb.

Sometimes prepared raw but also common in stir-fries as well as some salsas and dips, green onions are another delicious and nutritious veggie.

## KITCHEN PHARMACY

- The green onion has numerous health benefits and even is believed to have some anti-cancer properties and is believed to be especially helpful in preventing colon cancer.
- They work well to reduce inflammation and also are believed to help lower blood sugar, cholesterol, and blood pressure.
- Studies even suggest that the green onion is beneficial in preventing skin wrinkling.