



Walking onion:

The smaller more tender greens are just like what people call a green onion, well technically they are a green onion. As such they can be used like one would a “green onion.”

Try them in soups and stews, in salads and omelettes. A personal favourite is a simple miso soup with finely cut walking onion greens.

The bulbs, which grow on the tops of the plants, not under ground, are very similar to what folks buy as pearl onions. Great in risotto or anywhere else one might want that delicious sweet onion taste. The bulbs can be laborious to peel - smack them with the back of a knife like you would garlic and the skin comes right off.



Sorrel:

This is a great perennial green, ready before almost anything else in the garden. The leaves have a sharp green apple/lemon like taste. Chopped fine, sorrel adds a nice pop to a salad. For those who like eating fish, a good pile of sorrel leaves fried with garlic is very complimentary to the deliciously fatty taste of fish. The citrus like bite cuts through the fat and allows the full flavour of the fish to come through.

Sorrel is a nutritional powerhouse, providing significant amounts of important micronutrients, including vitamin A, a fat-soluble vitamin that helps maintain healthy vision, skin, immune function, growth, and reproductive health. You'll also get a significant boost of vitamin C, an important antioxidant that helps your body resist infection. A 1-cup serving of sorrel also provides about 4 grams of fiber to help maintain regular bowel movements, cholesterol levels, and blood sugar. Fiber may also help ward against certain health conditions including cancer, obesity, and type 2 diabetes.