

# MARKET REPORT

## Updates

In Washington and Utah we have nearly all onions harvested and in storage. We are in very good shape on quality onions, and it is far too early to speculate how the market will react to the weather issues in the Northwest. Quality has been excellent in all regions with few issues being reported. Sunions are in storage and we anticipate shipping will begin mid-to-late December. Thank you to all of our WA and UT growers and their families who worked sun up to sun down in all weather conditions to get fields harvested.

## Transportation

Rates are steady and will begin to increase as we approach the holiday season. We are working with asset-based carriers to keep rates down as much as possible for our customers. As we approach the winter months, please keep in mind the importance of lead time with orders. We recommend storing and transporting storage onions at 45-55°F.



## Availibilty

Reds, Yellows, Whites, Columbia River Sweets, Organics



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# ONIONS 52

Ordering: UT: 801.773.0630 | TX: 972.242.0221

## Simple + Tasty Recipe



## INGREDIENTS

4 large orange bell peppers  
1 cup cooked rice, white or brown  
1 Tablespoon avocado oil  
1 pound lean ground beef, ground turkey, or ground chicken  
1 medium yellow onion, diced small  
8 ounces mushrooms, chopped  
2 cups roasted red pepper sauce, homemade or store-bought  
1 teaspoon dried Italian seasoning  
1/4 teaspoon red pepper flakes  
salt and pepper, to taste

recipe by:

IT'S *Yummi*

## INSTRUCTIONS

Heat oven to 350 degrees F.  
Use a sharp knife to slice the top off each bell pepper horizontally. Set tops aside (do not discard) Remove all seeds and membranes. Rinse and pat the peppers dry with paper toweling or a clean, soft cloth. Use a small paring knife to cut holes into the exterior of the peppers to make jack-o-lantern faces. Cook rice according to package directions. As rice cooks, lightly grease a small sheet pan. Arrange peppers and tops of peppers on pan and cook in oven for 20-25 minutes, or until peppers are cooked, but still are still firm (al dente). Remove peppers from oven and allow to cool while you make the filling. FOR THE FILLING: Heat 1 tbsp olive oil in large skillet over medium heat. Add onion and mushrooms and saute for 3-4 minutes, or until mushrooms have softened and reduced in size. Increase heat to medium high. Add ground meat and spices to pan and continue to cook, stirring occasionally, until no pink remains. Drain excess grease from pan, reduce heat to medium low, then add red pepper pasta sauce and cooked rice. Stir to combine and cook for 2-3 more minutes, or until mixture is heated through. Prior to serving, fill each pepper with approximately 1 cup of mixture, over filling each pepper slightly. Place a top onto each stuffed pepper and serve with a big jack-o-lantern smile!