



I'ITOI ONION ("EE-TOY")

FIND LOCAL I'ITOI ONION IN ARIZONA:

HARVEST MONTHS: JULY - OCTOBER

Farms to get the local produce:

- AZ Artisan Farms, Waddell, AZ,
- Maya's Farms, Phoenix, AZ

Connect with Local Producers!

SCHOOL INTEREST FORM



To ensure food safety with fresh, I'ittoi onion always thoroughly wash them under running water before cutting, eating and/or cooking.



ARIZONA HARVEST FACTS!

- I'ittoi onions, also known as wild onions, are significant to four of Arizona's native sister tribes Tohono O'odham, Gila River, Ak-Chin, and Salt River Communities.
- In the 17th century, these onions were first harvested in southern Arizona on I'ittoi Mountain (also known as the Baboquivari Mountain), a place sacred to the O'odham Nation.
- Known for its mild, slightly sweet flavor, the I'ittoi onion is often compared to shallots or green onions. Its subtle taste makes it versatile in a variety of dishes.
- I'ittoi onions are a multiplier onion. From just a single bulb, the magic of nature unfolds. Plant it once, and it multiplies into 8 or 10 (or even more) bulbs.
- I'ittoi onions are a good source of vitamins A and C, as well as antioxidants. They contribute to a healthy diet, especially when used in their fresh state.



LOCAL RECIPE: I'ITOI RICE

"Blue Watermelon Project – I'ittoi Onion Recipe"

Recipe provided by
Chef Alyssa Dixon, a member
of the Gila River Indian
Community

Ingredients:

- 1 cup of jasmine rice
- 1 ½ cup of water
- 2 tablespoons of butter
- 1 tablespoon of olive oil
- 1 teaspoon of chicken bouillon
- 1-2 medium size I'ittoi onions

Instructions:

- Mince onion.
- Rinse rice until water runs clear.
- Heat up butter and olive oil in a sauté pan. Add in the onion and cook until fragrant.
- Add cleaned rice to onion and stir together.
- Add in water and chicken bouillon and bring to boil.
- Cover the pan, turn the heat down to low and cook until the rice is tender, about 15 mins.
- Top your cooked rice with additional fresh chopped onions.

QUICK MATH I'ITOI ONION



1 LB FRESH I'ITOI ONION AS PURCHASED (AP) YIELDS:

15 (1/4 cup) raw
vegetable, with
tops

13.5 (1/4 cup)
cooked with tops

6.5 (1/4 cup) raw
chopped or sliced
vegetable without
tops

Credits as "other vegetables" sub-group