

FROM PATCH TO PLATE

Five Delicious Ways with...



Spring Onion



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes - with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every day is so easy. Job done. Tick 

This edition features Spring Onion – fresh, zesty, and bursting with vibrant flavour.



Spring Onion In a Nutshell

How to Enjoy!

- **Cooked:** Toss spring onions into stir-fries, grill them until charred and sweet, roast for a caramelised edge, or add at the end of steaming or microwaving for a fresh, mild bite.
 - **Tip:** Use the whole plant - slice the white base for cooking and finely chop the green tops for a crisp, peppery garnish.
- **Flavour Pairings:** shines with garlic, ginger, chilli, sesame, soy, lemon, and miso.
- **Preserved:** Chop and freeze raw or lightly blanched pieces for instant flavour boosts in soups, stir-fries, omelettes, frittatas, or dumpling fillings.

Nutrition Highlights!

- **Vitamin C** → supports immunity and helps the body absorb iron
- **Vitamin K** → contributes to bone health and healing
- **Folate** → essential for cell repair and DNA synthesis
- **Fibre** → promotes gut health and healthy digestion

☀ Fun Fact ☀

Spring onions are actually the same plant as regular onions—just harvested earlier! If left to grow, their small white bulbs would eventually swell into full-sized onions.

Growing Conditions

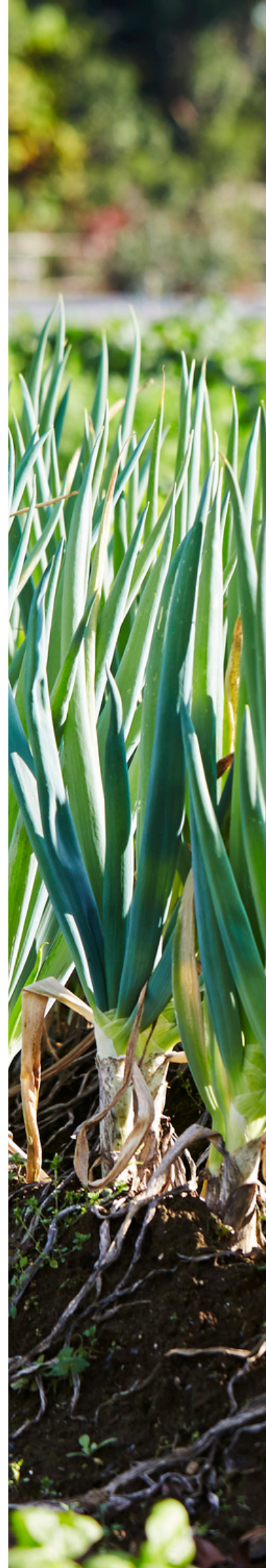
- **When to plant (subtropical):** Autumn and Spring
- **Time to sprout:** 2-3 weeks
- **Plant height:** 75 cm overall, 45 cm of white stalk
- **Time to harvest:** ~2 months

Harvesting tips

- Pick spring onions when stems are firm and slender, about the thickness of a pencil, for the best flavour and crunch.
- Use clean scissors or secateurs to snip them low to the base, leaving roots intact to encourage regrowth.
- Harvest regularly to keep the plants producing tender, mild stems.

How to Store

- Keep unwashed spring onions in a paper or perforated plastic bag in the fridge crisper (moisture shortens their shelf life).
- Stays fresh and crisp for up to 1 week when stored properly.





Breakfast: Crispy Spring Onion Rosti Stack with Yoghurt & Chilli Oil

Prep: 10 mins | Cook: 10 mins | Serves: 2 Rostis

Ingredients

- 1 potato, grated and squeezed
- 2 spring onions, finely sliced
- 1 egg white
- Salt, pepper
- Yoghurt + chilli oil to serve

Directions

1. Mix potato, spring onion, egg white, salt, and pepper.
2. Form into small patties and pan-fry in oil until crisp.
3. Serve with dollops of plain yoghurt and chilli oil drizzle.

Lunch: Charred Spring Onion Flatbread Wrap with Hummus & Greens

Prep: 10 mins | Cook: 8 mins | Serves: 1

Ingredients

- 3–4 whole spring onions
- 1 flatbread or wrap
- 2 tbsp hummus
- Mixed greens
- Olive oil, lemon juice, salt



Directions

1. Grill or pan-sear whole spring onions until blistered and soft.
2. Spread hummus on flatbread, layer greens and spring onions, season and wrap.

Dinner: Korean-Inspired Spring Onion & Egg Pancake (Pa-Jeon)

Prep: 10 mins | Cook: 10 mins | Serves: 1 Pancake

Ingredients

- ½ cup chopped spring onions (use white + green parts)
- ¼ cup plain flour
- ¼ cup water
- 1 egg
- Soy sauce, vinegar & sesame oil dipping sauce

Directions

1. Mix flour, water, egg, and spring onions into a thin batter.
2. Pan-fry in oil until golden and crispy on both sides.
3. Serve sliced with dipping sauce.

Green Thumb Farm, Samford Valley QLD 4520.





Snack: Cheesy Spring Onion & Black Pepper Muffins

Prep: 10 mins | Cook: 20 mins | Serves: 6 Muffins

Ingredients

- 1 cup self-raising flour
- ¼ cup grated cheese
- ¼ cup chopped spring onion
- 1 egg
- ¼ cup milk
- 2 tbsp olive oil
- Freshly cracked pepper

Directions

1. Mix wet and dry ingredients separately, then combine.
2. Divide into muffin tray and bake at 180°C for 20 min.

Lunchbox-Friendly: Spring Onion & Ginger Fried Rice Balls

Prep: 10 mins | Cook: 10 mins | Serves: 4-5 Balls

Ingredients

- 1 cup cooked cold rice
- 2 tbsp chopped spring onion
- ½ tsp grated ginger
- 1 tsp soy sauce
- 1 egg (optional, for binding)
- Sesame seeds or furikake

Directions

1. Mix everything, form into compact balls.
2. Pan-fry until crisp on the outside.
3. Sprinkle with sesame seeds or furikake.





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Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,