



## Do You Know About Onions?

Onions have been used by people for 5000 years. They are the 3<sup>rd</sup> most consumed fresh vegetable in the United States. Onions are grown in over 20 states from border to border and coast to coast throughout the USA. 145,000 acres of onions are planted in the U.S. each year.

Onions are divided into two groups.

Group one: Spring/Summer onions, which we buy in March-August. They have thin, light colored skins, and a mild sweet flavor.

Group two: Fall/Winter onions, which we buy in August-April. They have many layers of thick, darker colored papery skin, and a strong flavor.

Onions come in three colors – yellow, red, and white from the United States and are available all year.

The average American eats about 20 pounds of onions per year.

More than 450 semi-truck loads are shipped around the U.S. each day.

Onions contain five of the six basic nutrients needed in our diet. They have water, vitamins, minerals, carbohydrates, and protein. They do not have any fat. Onions contain antioxidants which help prevent cell damage in the body.

The sulfuric compounds found in onions are the chemicals that cause your eyes to water when cutting onions. To help prevent tearing, chill the onion and cut the end with the roots last.

Onions are bulbs and belong to the Allium Species and are related to Garlic, Leeks, Bunching onions, and Chives.

The taste of an onion can range from sweet and tangy to rich and pungent, depending on the type and the time of year. The taste of an onion can leave you with onion breath, so eating parsley would rid you of this issue.

When you buy onions, look for dry outer skins with no spots or blemishes. The onion should be heavy for its size and have no scent. Do not buy onions that have begun to sprout.

Onions should be stored in a cool, dry place with lots of air. Do not put them in the refrigerator or a plastic bag.

Onions that have been cut should be stored in the refrigerator in a sealed container for up to 7 days.