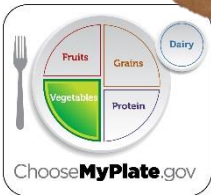


Vidalia Onions



NUTRITION NOTES

- One medium onion contains 60 calories, 3 grams of fiber and no fat.
- Vidalia onions a good source of **vitamin C** (*helps form connective tissue*) and **fiber** (*helps maintain healthy digestion*).
- Onions are a source of quercetin, an antioxidant. Antioxidants may help protect the cells in our body from damage.

Vidalia Onions, grown exclusively in Georgia, are sweet, crisp and delicious! This favorite sweet onion is delicious on its own or as a flavorful addition to a variety of dishes.

USES AND TIPS

Select onions that are firm, with dry skins and without decay or blemishes. Store onions in a cool, dry place. They can also be stored in the legs of clean, sheer pantyhose with a knot tied between each one.

Due to their mild, sweet flavor, Vidalia onions are perfect for use in salads, salsas and on sandwiches, tacos and burgers. They can be grilled, roasted, sautéed and baked. Use Vidalia onions to flavor soups, sauces, stir-fries and casseroles.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Onions are a bulb that grows in the ground.

The growing of Vidalia onions started in the early 1930's in Toombs County, Georgia.

The sweet flavor of Vidalia onions is due to the low amount of sulfur in the soil in which they are grown.

Vidalia onions are delicate and planted and harvested by hand.

In 1986, the Vidalia Onion Act passed, which trademarked the name "Vidalia Onion" and defined the growing region.

Vidalia onions have a higher water content than other onions, so they can bruise more easily. Handle with care.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Vidalia onions are in season in Georgia May through July.
- The Vidalia onion was named Georgia's official state vegetable in 1990.
- The annual Vidalia Onion Festival is held in April in Vidalia, Georgia.
- An onion can only be called a Vidalia if it is grown in one of 20 counties in southeast Georgia.

Sources:

The Vidalia Onion Committee: <https://www.vidaliaonion.org/>
National Onion Association: <https://www.onions-usa.org/>

Georgia Department of Education School Nutrition Program