Onion

What am I?

Onions are bulb shaped vegetables that can be yellow, red or white. They differ in mildness, texture and size. Different varieties of onions include yellow, red, white, scallions and leeks.

How do I grow?

- The bulb of the onion grows underground, with green tops shooting upward.
- Onions grow in over 20 states and California, Oregon and Washington are the top producing states.

Nutrition Facts

Onions contain fiber and vitamin C, which boosts the immune system.

Fun Facts

- Onions are part of the allium family with scallions and leeks.
- When onions are cut, a compound is released and turns to sulfuric acid in the air. This is what makes people cry when they cook with onions. If the onion is cold, the sulfur is inactivated; try to chill your onions for tear-free cooking.
- The average American eats 18 pounds of onion a year.

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