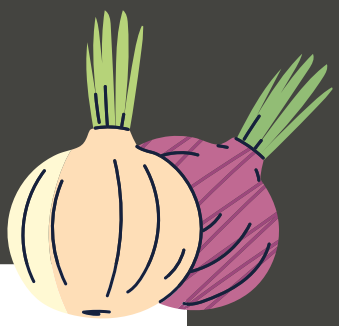


Onions

A bulb vegetable



What nutrients are found here?

Vitamin C

What do those nutrients do in my body?

- Support the immune and digestive systems.
- Vitamin C is an antioxidant, which helps protect body cells from damage & helps reduce inflammation.

How/Where can I grow my own onions?

- In the ground or in a raised bed.
- Onions can be planted in the early spring & harvested in the fall. They will take 3-4 months to mature.

How should I store freshly picked onions?

- Allow them to dry in a shady place.
- Keep the onions stored loose, away from the potatoes.

How can I eat onions?

- Any way you want!
- Eat them raw, grilled, etc.
- Add to soups & sandwiches

