



Idaho **onions** are known for their golden color, globe shape, remarkably mild flavor and crisp texture. These attributes combine to make Idaho **onions** some of the most versatile, best tasting, and popular **onions** in the world. Warm summer days and cool nights, in addition to the lengthy growing season, allows Idaho to produce high-quality **onions**.

Idaho farmers plant yellow, red and white varieties of Spanish Sweet **Onions**. The yellow **onion** has a very mild flavor, while the white is a bit more zesty and is used in many Latin American dishes. The red **onion** adds color and zest to any salad or entrée.

In addition to their great taste, Idaho **onions** are good for you. One **onion** has almost as much vitamin C as an orange, and twice as much as an apple. Watching your weight but don't want to forego taste? Three-quarters of a cup of chopped **onions** contains only 34 calories and no fat.

Growers in this region have been producing **onions** since the early 1900's and many of the growers come from third generation family farms. The growers and shippers of Idaho and Eastern Oregon **onions** market their **onions** across the U.S. and in Mexico.

Idaho **onions** are harvested from the beginning of August through October. However, Idaho farmers grow storage **onions**, which mean that they can be stored for long periods of time under proper conditions. This allows consumers to buy Idaho **onions** from fall harvest through April.



Whatever the dish, spice it up with a healthy Idaho **onion**. To ensure that you are buying a fresh, high-quality Idaho **onion**, look for the Idaho Preferred®

