

ONIONS

Allium Cepa



ORIGIN & HISTORY














The Onion is thought to have originated more than 5000 years ago in Central Asia. Its consumption can be traced back to the Bronze Age. It is seen as the most ancient of food sources and a staple in the diet of many early civilizations. It was especially important to Egyptians.

FUN FACT: Ancient Egyptians saw onions as a symbol of eternal life because of their circular layers. Archeologists have even found onions in pharaohs tombs and many ancient Egyptian paintings.

ONIONS OF THE PRESENT

Onions are cultivated and consumed globally. Although normally served cooked, they can be eaten raw, pickled, or dried. The onion has a strong, sharp & pungent flavor. It is known as a temperate crop, but the versatility allows it to grow in a wide range of climatic conditions (temperate, tropical and subtropical). Currently, China is the largest onion producer in the world, producing 23,907,509 tons per year.

Types of Onions

Shallots  Type: Sweet For: Cooking, deep-frying	Pearl Onion  Type: Sweet, White For: Pickling, eating raw	Yellow Onion  Type: Yellow For: Soups, sautéing, making shish kebabs	White Onion  Type: White For: Soups, sauces, eating raw salads	
Maui Onion  Type: Sweet For: Eating raw, frying, baking	Cipollini Onion  Type: Sweet For: Roasting, pickling	Bermuda Onion  Type: Sweet For: Salads, sandwiches	Walla Walla Sweet Onion  Type: Sweet For: Salads, sandwiches, hamburgers	
Vidalia Onion  Type: Sweet For: Burgers, salads, sandwiches	Spanish Onion  Type: Yellow For: Sandwiches, salads	Redwing Onion  Type: Sweet, Red For: Sandwiches, salads	Torpedo Onion  Type: Sweet, Red For: Grilling, roasting, braising	Egyptian Onion  Type: Hybrid For: Cooking, pickling

Tip: One way to reduce the amount of chemicals released from the cell walls is by using a sharp knife. This does not eliminate the problem, but having a sharp knife means fewer of the cells are broken/and/or crushed as the knife goes through the onion, thus releasing less of the irritating chemicals.

A VEGETABLE WORTH CRYING OVER

THE ONION IS A NUTRIENT PACKED VEGETABLE CONTAINING POWERFUL COMPOUNDS THAT CAN DECREASE YOUR RISK OF HEART DISEASE & CERTAIN CANCERS.

ONIONS ALSO HAVE ANTIBACTERIAL PROPERTIES & PROMOTE DIGESTIVE HEALTH. THIS LEADS TO IMPROVED IMMUNE FUNCTION, MAINTAINING BLOOD SUGAR LEVELS, SOOTHING INFLAMMATION, AND TREATING CERTAIN INFECTIONS.

ALL THIS SAID, ONIONS SEEM GREAT, BUT WHY DO THEY MAKE ME CRY? WHEN AN ONION IS SLICED OR DICED, THE ONION'S CELLS RELEASE COMPOUNDS INTO THE AIR. WHEN THIS OCCURS, AN "ENZYME" WORKS TO ALTER THE AMINO. THIS THEN TURNS INTO A FORM OF SULFURIC ACID WHICH IRRITATES THE NERVES AROUND THE EYES MAKING THEM TEAR.

FOR MORE INFO:

CHECK OUT OUR BLOG ON:
ONIONS WHAT TO KNOW

[HTTPS://FRESHCHOICEPRODUCE.CA/ONIONS-WHAT-TO-KNOW/](https://freshchoiceproduce.ca/onions-what-to-know/)

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