



Local Produce of the Month: Vidalia Onions



Fresh Vidalia onions - photo © Peg (Julep67) on [Flickr](#) -

History

- Vidalia onions were first grown in south Georgia during the **Great Depression**.
- In 1990, the Vidalia Onion became the official state vegetable of Georgia.

Why Are They So Sweet?

1. They have more **water** than other onions. Surprisingly, **water**, rather than sugar, makes an onion sweet.
2. They have less **sulfur** because of the Georgia soil and large rainfall. **Sulfur** is what gives onions their usual strong scent and flavor.
3. Vidalia onions grow when the **days are shorter** — about 11-12 hours long—in the wintertime. They grow well in Georgia because of the mild weather during winter months.
4. If the same seed was planted elsewhere— different weather, soil, and water conditions— the onions would not be as sweet.

References:

Vidalia Onion Committee & National Onion Association

Nutrition Facts

Vidalia onions are a good source of **Vitamin C** and **Dietary Fiber**.

- **Vitamin C** is needed to form collagen, which is necessary for wound healing. It also promotes a healthy immune system and enhances iron absorption from plant foods.
- **Fiber** helps keep your digestive system functioning properly and contributes to the feeling of fullness.

Onions contain the antioxidant **quercetin**. **Antioxidants** are compounds that help protect the cells in your body from damage.

Nutrition Facts	
Serving Size 1 Onion, medium, (148 g)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 5 mg	<1%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Protein 1g	
Vitamin A 0%	Vitamin C 12%
Calcium 3%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300 mg 300mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

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