

# INCREDIBLE EDIBLE IDAHO

ONION



## IDAHO ONION FACTS:

Idaho ranks 4th in the nation in onion production.  
Southwest Idaho is famous for the Giant Spanish sweet onions.

25% of all U.S. onions come directly from the Snake River valley of Southwest Idaho and Eastern Oregon.

## ONION NUTRITION FACTS:

Onions contain a flavonoid called "quercetin" which protects against cataracts, cardiovascular disease, and cancer.

Onions may help lower blood pressure and cholesterol.

Onions are a source of fiber, vitamin B6, Folate and vitamin C.



Canyon, Payette, Washington, Owyhee  
and Ada, Magic Valley Area

