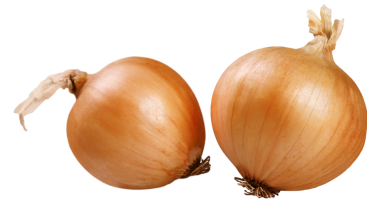


Onions



Onions are herbaceous plants in the amaryllis family grown for their edible bulbs. There are several varieties of onions, including yellow onions, red onions, white onions, sweet onions, and shallots.

Onions are highly adaptable and can be grown in a variety of climates from temperate to tropical. Onions grow best in well-drained, loamy soils with plenty of sunlight and regular watering. California, Washington, Oregon, Idaho, and Texas are the top onion-producing states. Onions can be grown from seeds, transplanted as seedlings, or grown from onion sets, which are small, immature onion bulbs.

Onions are harvested when the leaves start to yellow and fall over. Mechanical harvesters are used to pull the onions from the ground and lay them on the soil surface to dry, also known as curing. In smaller operations or for specialty varieties, onions may be hand-harvested.

After harvesting, onions are left in the field for several days to cure, which allows the outer layers to form protective skins, preventing rot during storage. In some cases, onions are cured in a facility with controlled temperature and humidity. After curing, onions are graded, sorted, and packaged to be transported to distribution centers, grocery stores, or processing facilities.

Onions are low in calories and rich in antioxidants. They contain vitamin C, vitamin B6, folate, potassium, manganese, calcium, iron, and magnesium. Onions benefit heart and digestive health, boost immune function, and reduce inflammation.



<https://youtu.be/NfoVWo4SMuU?si=KBzDYgNjGATezmXx>