

AgBite

A series of commodity insights

Did you know?

Parsley can help get rid of onion breath.

Overview

- Onions are one of the oldest vegetables in continuous cultivation dating back to at least 4,000 BCE.
- Onions are also classified by skin color (red, white, brown or yellow), taste (sweet or pungent) and bulb shape (round, flat, or globe).
- The United States harvests over 120,000 acres and produces almost 7 billion pounds of onions annually.

Production

Onions are a cool-season crop.

Preferable PH should be 5.8 to 6.6.

Onions should be grown on friable soils, which contain high amounts of organic matter and have good water infiltration rates and good moisture-holding capacity.

Onion

Kingdom: *Plantae*

Order: *Liliales*

Family: *Liliaceae Juss.*

Genus: *Allium L.*

Nutritional Information

1 medium onion (148g)

Calories 45	Fat 0 g
Protein 1 g	Cholesterol 0 g
Carbs 11 g	Potassium 190 mg
Fiber 3 g	Calcium 34 mg
Sugar 9 g	Sodium 5 mg

<https://fdc.nal.usda.gov>
<https://plants.usda.gov/classification/27897>
<https://extension.psu.edu/onion-production>
<https://extension.uga.edu/publications/detail.html?number=B1198&title=onion-production-guide>
<https://www.onions-usa.org/all-about-onions/trivia/>
<https://www.onions-usa.org/all-about-onions/onion-nutrition/>