

City Fresh Harvest of the Month

EAT YOUR ONIONS

Onion Facts

- ◆ Onions come in different colors. Most grocery stores have yellow, white, and red onions.
- ◆ Every year, an average of 125,000 acres of onions are planted in the United States.
- ◆ Onions are fat, cholesterol, and sodium free, so they're great for your body.



DID YOU KNOW?

- ◆ When at the grocery store, the best onions to pick are the ones that are nice and firm with a bright and smooth outer skin.
- ◆ Onions have tons of layers.
- ◆ Onions were first grown in ancient Egypt, where they were seen as a symbol of eternal life, because of their round shape.

Healthy Reasons to Eat Your Onions

- ◆ Onions have a lot of vitamin C, which is important for your immune system, your bones and your teeth.
- ◆ Onions are high in fiber, which helps to keep your digestive system working right.
- ◆ Onions have the vitamin, B-6, which helps your body's nervous system work properly.



Teacher's Corner

Help children eat their vegetables, here are helpful resources to encourage our harvest of the month:

- ◆ Pre-school Lesson Plan:
<http://bit.ly/2DRZFro>
- ◆ Onion Newsletter
<http://bit.ly/2CF4bKA>