



HOLLAND MARSH ONIONS

FACTS

Onions are a member of the allium plant family, which includes leeks, shallots and garlic. There are two categories of onions: dry onions for storage and green onions for fresh use. Raw onions add a pungent bite, and cooked ones a mellow sweetness to many dishes. Onions come in many sizes, colours and flavours. Red onions have a mild, sweet flavour, which makes them a favourite for salads and sandwiches. Stronger white and yellow are best for cooking. Green onions are mild, when fresh and both the bulb and greens can be eaten.

Health Benefits: Onions are a source of Vitamin C, Vitamin B6, Folate and Manganese.

Number of acres farmed in the Marsh annually: 4,000 acres