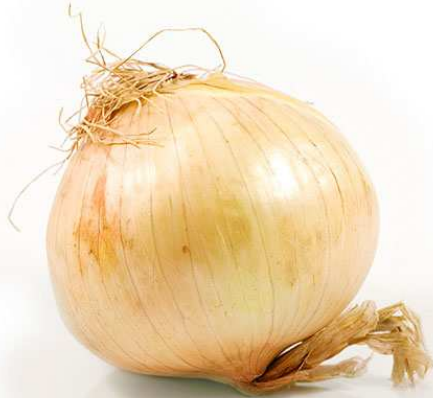


Dilgard Produce



PRODUCT DESCRIPTION

Onions, Vidalia

Pk/Size

1, 40 lb

Dilgard #

P00171

Vidalia Onion Facts: WallaWalla Sweet

Onions are available late June through mid August. Texas SpringSweet Onions are available mid-March through June. Texas 1015 SuperSweet Onions are available mid-April through June. Sweet onion varieties include Walla Walla Sweet, Texas SpringSweet and Texas 1015 SuperSweet. Good-quality sweet onions will be firm, free of blemishes or mold spots and have even-colored, light-yellow skin. Sweet Onions are very low in Saturated Fat, Cholesterol and Sodium. They're also a good source of Dietary Fiber, Vitamin B6, Folate, Potassium and Manganese, and an excellent source of Vitamin C.

Tips:

To avoid teary eyes, peel onions under cold water. Water washes away volatile sulfur that causes teary eyes.