

# Onions: from farm to fork

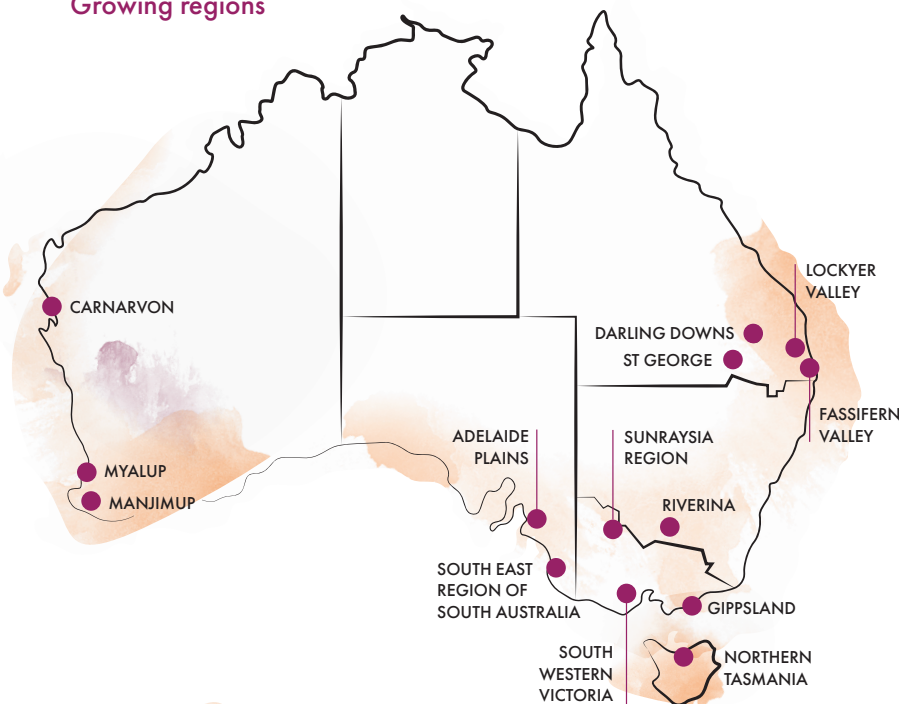
Australian onions offer consistent quality year-round. Knowing their origins, how to select and store onions can help you get the most from this nutritious, flavour hero.

Onion tray bake



Onions are Australia's fourth largest vegetable crop and they are grown in most Australian states. The major growing regions are the Adelaide Plains (SA), northern Tasmania and the Lockyer Valley (Qld).

## Growing regions



## Seasonality

It takes three to six months for an onion to grow from seed to bulb. Onions are planted at different times of the year depending on the region. Thanks to Australia's diverse climate, our growers are able to ensure consistent quality and a reliable supply of onions year-round.

## Selection and storage

- Choose clean and firm onions with shiny tissue-thin skins.
- The 'neck' of the onion should be tight and dry.
- Onions can last up to two months when stored correctly. Keep them in a ventilated container in a cool, dark, dry place. Store away from potatoes.

## Tips to reduce waste

- It is perfectly fine to eat onions that have sprouted.
- Don't over peel your onions, there are more antioxidants closer to the skin.



## Varieties

Onions are part of the allium family, which contains more than 300 species including garlic, leeks, shallots, spring onions and chives. In Australia, the main varieties grown are brown onions, red onions and white onions.

Did you know?

Half an onion (75g) counts as a serve of vegetables

