# OREGON ONIONS

The wild onion is a culinary staple for many Northwest Tribes and is eaten raw or cooked. The Painte tribe wove green onion stalks into mats that they used to cover pit ovens.

In ancient Egypt, onions were used not only as currency, but also placed in the tombs of kings so that they could bring them into the afterlife.

## Nutrients found in Onions

- Onions contain quercetin, an antioxidant that may help to prevent heart disease and cancer.
- Onions are an excellent source of immune-supportive vitamin C.
- Onions are a good source of fiber and manganese, which aid bone growth.

The word onion comes from the Latin word *unio*, which means "single," or "one" — reflecting the fact each onion plant produces a single bulb.

Growers in the Snake River Valley of Idaho and Eastern Oregon produce more high-quality storage onions than any region in the United States, planting approximately 21,000 acres every year.

In Oregon, onions can be harvested early for use as green onions, or can be left to grow until late summer when they can be harvested as mature onions.

Onions have been cultivated in central Asia and the Middle East for over 5,000 years.

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