ONIONS

While onions may bring a tear to your eye and pungency to your breath they will also certainly bring delight to your taste buds. Onions are bulbous vegetables with a shiny outer layer of skin and are sold in stores as yellow, red, or white. Onions provide dietary fiber, Vitamin C, Vitamin B6, and potassium among other nutrients.

Seasonal Availability

Available

Location	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Argentina			■	■	■	■	■					■
Bolivia			■									
Canada	■	■	■	■	■	■	■	■	■	■	■	■
Chile	■	■	■	■	■	■	■	■	■			
China	■	■	■	■	■	■	■	■	■	■	■	■
Colombia	■	■	■	■	■	■	■	■	■			
Ecuador	■							■	■	■	■	■
France				■	■	■				■		
Guatemala	■	■	■	■	■	■	■	■	■	■	■	■
Honduras	■	■										
Italy							■					
Mexico	■	■	■	■	■	■	■	■	■	■	■	■
Netherlands		■				■				■		■
New Zealand			■		■	■	■	■				
Nicaragua	■	■										
Peru	■	■	■	■				■	■	■	■	■
Poland		■		■	■							