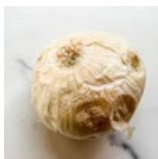


Keep Calm and Onion On



Imperfect onions may have bruises or dark spots, but can still be used in cooking. Simply cut to remove or peel back another layer



Avoid onions that appear dried, slimy or moldy.



Use fresh onions within 2 to 4 weeks and store them in a dry, well-ventilated area at room temperature.



Onions can be baked, boiled, grilled, fried, roasted, sautéed, or eaten raw.



Check out more Recipes Here
or concrete-jungle.org/recipes/

CONCRETE JUNGLE



Facts & Benefits

Did You Know...

Yellow onions are low in calories but have lots of vitamins and antioxidants that help your heart and keep your immune system strong.

Yellow onions can help your heart by lowering blood pressure and cholesterol.

When cell walls are damaged—such as by cutting or biting—special compounds are released. These compounds can make your eyes water, but they also serve as an effective pest repellent in gardens and on farms.

When cooked slowly, yellow onions become sweeter, making them great for adding flavor to many dishes.