

Vidalia Onion

Onions are a member of the Amaryllidaceae family

Onions are part of the vegetable food group and provide fiber and phytochemicals when included in our meals.

Onions can be enjoyed fresh or cooked and can either have a pungent or sweet flavor.



Vidalia onions are unique to Georgia and have been Georgia's official state vegetable since 1990.

There are 20 counties in Georgia that grow Vidalia onions.

Vidalia onions are known for their sweet flavor profile.

There is a pack date set each year by the Commissioner of Georgia's Department of Agriculture. Any onions sold before this date are not allowed to be defined as Vidalia onions.

References and links to more information:

<https://snp.gadoe.org/SCE/Documents/FBL/CelebrationCalendar/VidaliaOnion.pdf>

<https://www.vidaliaonion.org/>



Georgia Department of Education School Nutrition

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