

# THE BULB & THE BEAUTIFUL

NOW IN SEASON



Georgia Department of Education School Nutrition



# STATE OF THE ONION: LOCALLY GROWN, LOVED EVERYWHERE



**Now in Schools**





Georgia Department of Education School Nutrition



**HAND-PLANTED, HAND-PICKED,  
MOUTHWATERING**



**Now  
in  
Schools**

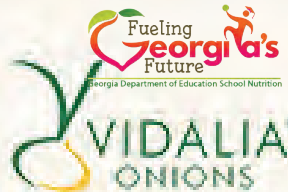
**COMING TO A  
BBQ NEAR YOU**



Georgia Department of Education School Nutrition



**Now in Schools**



**COMING TO A  
BBQ NEAR YOU**



**Now  
in  
Schools**

# UNIQUELY SWEET



Now in Schools



# A BURGER'S BEST FRIEND



**Now in Schools**



**UNIQUELY  
SWEET**



**Now in  
Schools**



**OH, YOU  
SWEET  
THING**



**Now in  
Schools**



Happy Birthday, Yumion!



# Vidalia<sup>®</sup> Onions

ACTIVITY  
BOOK

Layers of Learning





# DEAR GEORGIA STUDENT,

Thank you for joining me on my next adventure. On this trip you will learn about the history of the Vidalia® onion, where and how it's grown, and how it can be prepared. I hope you will help me along the way.

**REMEMBER:** You can do these activities in the classroom, cafeteria, and at home with your family, but remember these key safety rules.

- 1** Ask an adult for permission.
- 2** Wash your hands and follow all food safety rules.
- 3** Listen to the adult in charge.

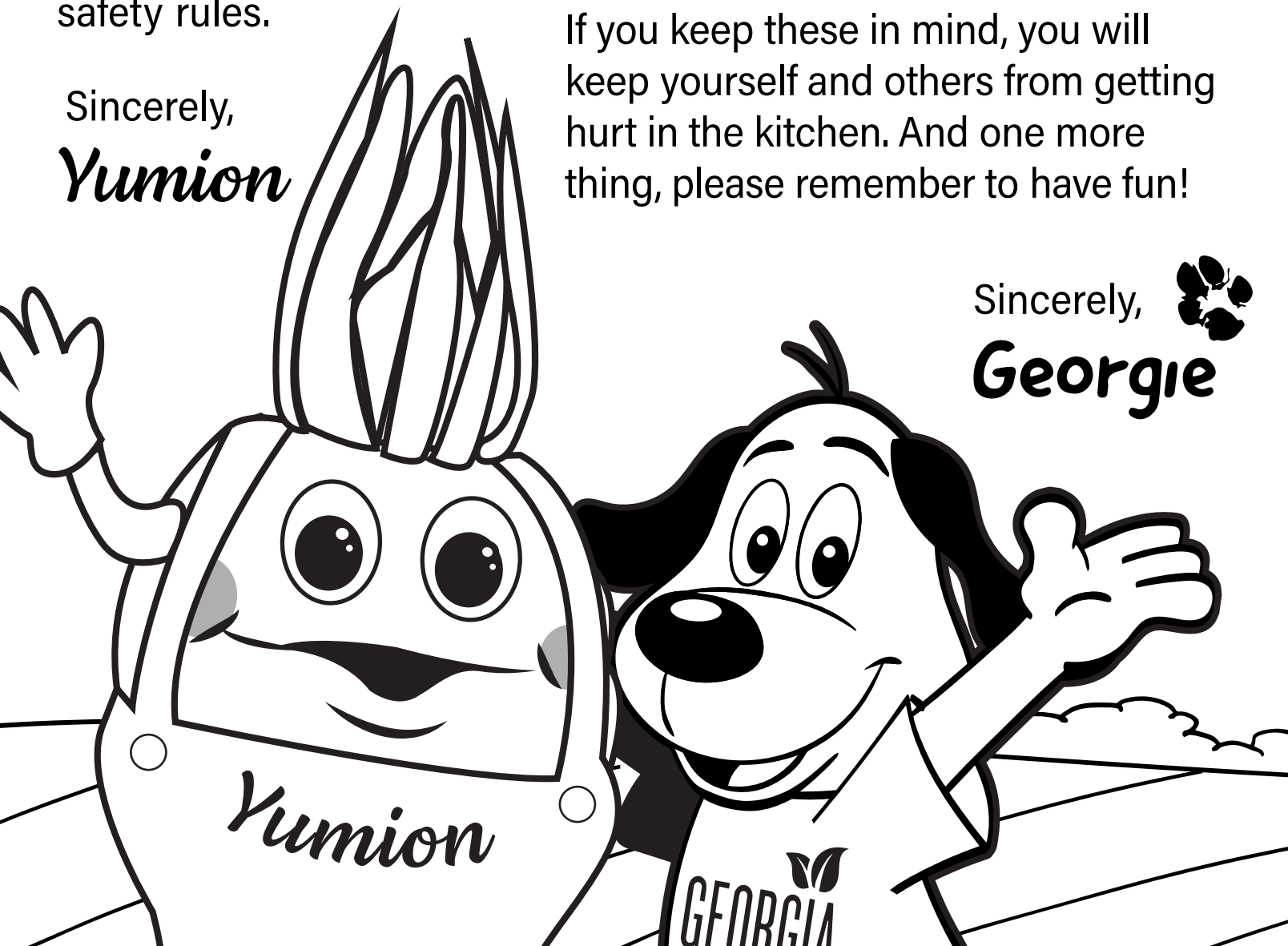
If you keep these in mind, you will keep yourself and others from getting hurt in the kitchen. And one more thing, please remember to have fun!

Sincerely,

*Yumion*

Sincerely,

*Georgie*



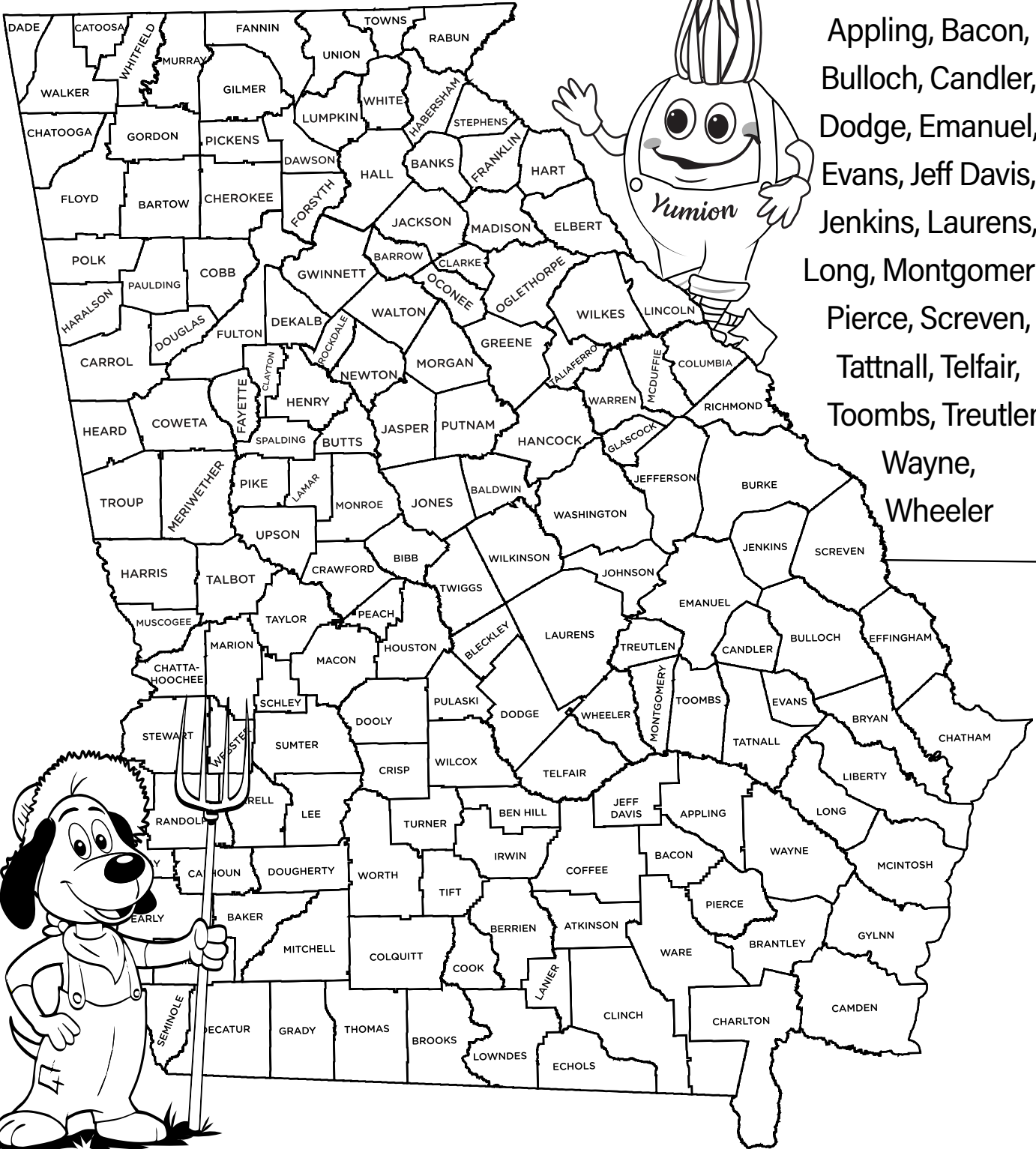
# PLOTTING AND PLANTING VIDALIA<sup>®</sup> ONIONS

There are 20 counties in GA that grow Vidalia<sup>®</sup> onions.

**Color in all the counties of Georgia where Vidalia<sup>®</sup> onions are grown. Color in the county where you live.**

Are you near or far from a Vidalia<sup>®</sup> onion farm?

**Color These Counties**

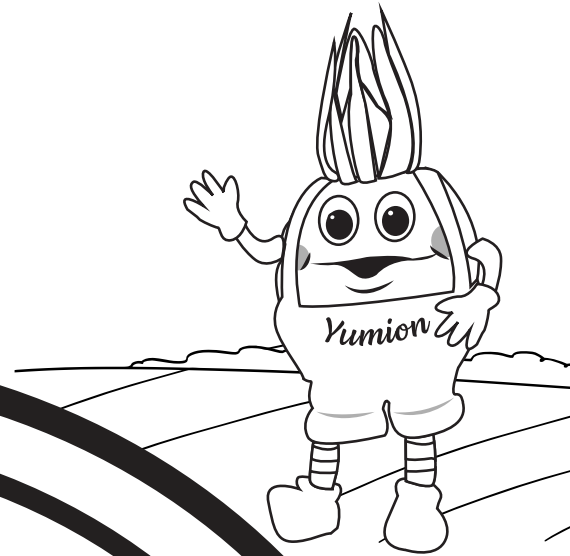


Appling, Bacon,  
 Bulloch, Candler,  
 Dodge, Emanuel,  
 Evans, Jeff Davis,  
 Jenkins, Laurens,  
 Long, Montgomery,  
 Pierce, Screven,  
 Tattnall, Telfair,  
 Toombs, Treutlen,  
 Wayne,  
 Wheeler

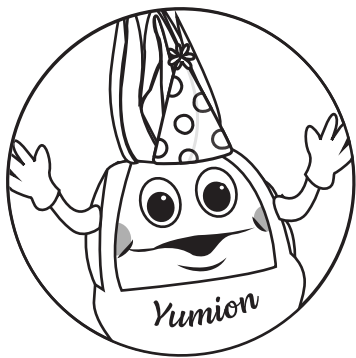


# Vidalia onions are a-MAZE-ing!

Help Georgie meet a new friend! **Guide Georgie through the maze to meet Yumion, the onion ambassador.**



After meeting, Yumion and Georgie become good friends. Yumion invited Georgie to his birthday party!



# Happy Birthday, *Yumion!*

The Vidalia® onion has a birthday each year.

When is your birthday? \_\_\_\_\_

**Plan a birthday party for Yumion. Draw a picture of the party and write about it.**

---

---

---

---

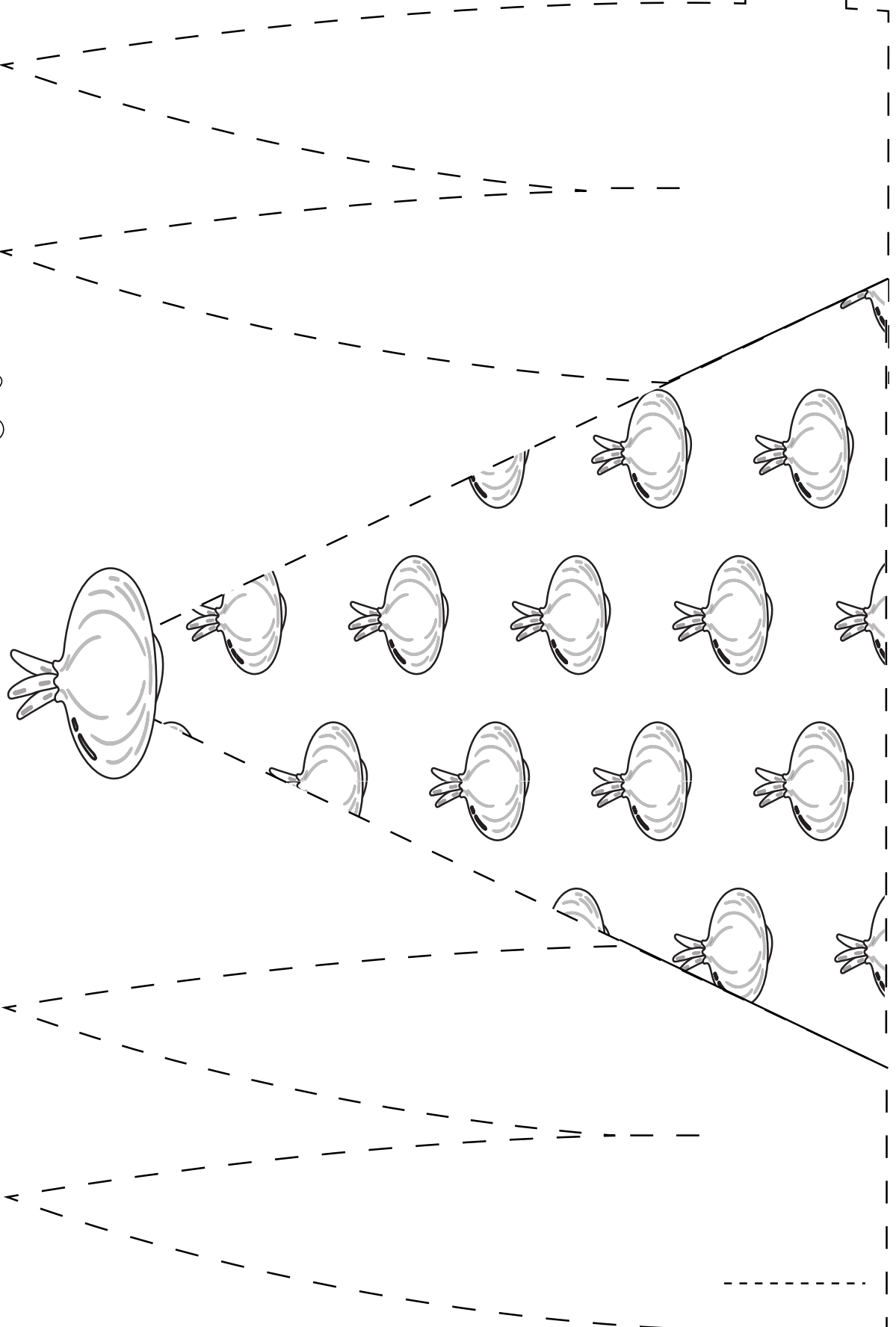
---

---



On the next page, you can make your own Yumion party hat! If the hat band is too small, cut out this additional band and connect.

**Create your own party hat. Color and cut along the dotted lines and insert tabs into slits.**





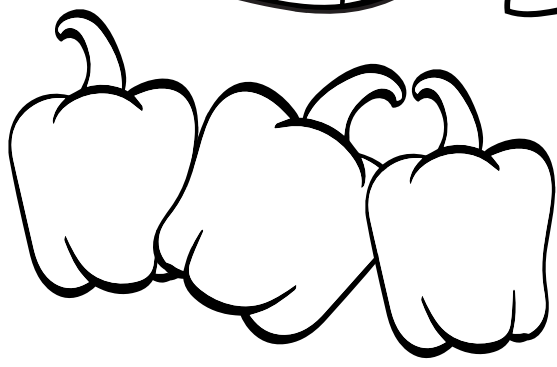
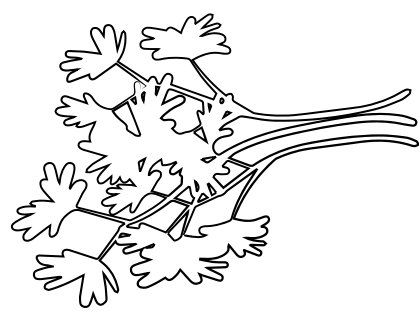
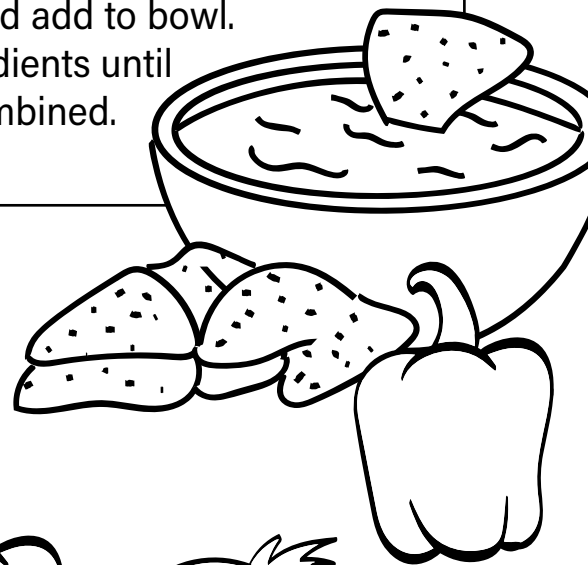
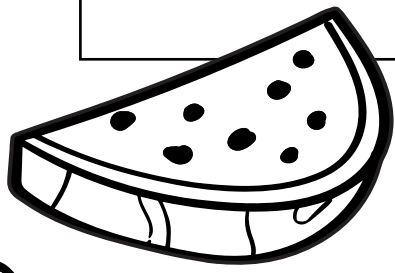
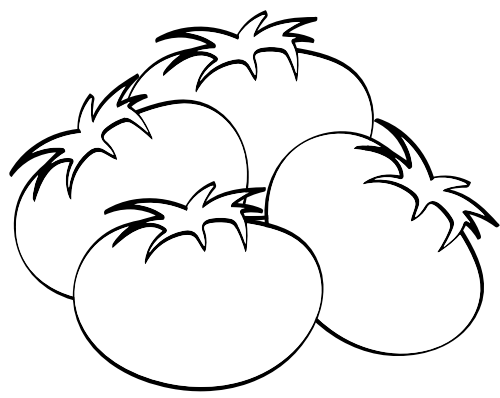
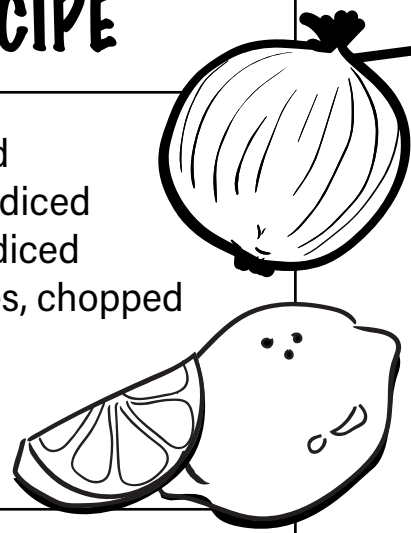
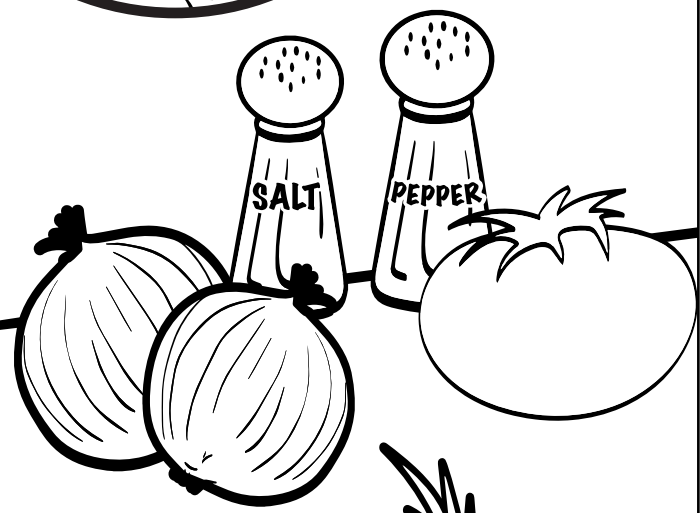


Help Yumion make this recipe.  
**Circle the ingredients needed to make the salsa. Color the correct number of tomatoes, onions, and peppers needed for the recipe.**

## TACO'BOUT A YUMMY SALSA RECIPE

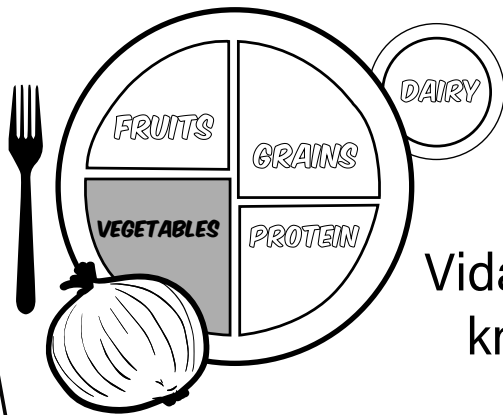
- 4 medium tomatoes, diced
- 1 small green bell pepper, diced
- 1 medium Vidalia® onion, diced
- 2 tbsp. fresh cilantro leaves, chopped
- ½ tsp salt
- ½ tsp black pepper
- 1 small lime, juiced

- 1) Dice tomatoes, green bell pepper, and Vidalia onion; place in a large bowl.
- 2) Chop cilantro and add to bowl.
- 3) Measure salt and black pepper then add to bowl.
- 4) Juice lime and add to bowl.
- 5) Mix all ingredients until thoroughly combined.



# COLOR THE STATE AND YOUR PLATE

Vidalia® onions are Georgia's official state vegetable.

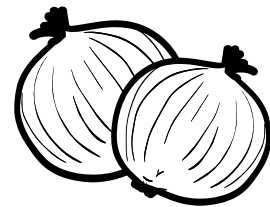


Vidalia® onions are known for their sweet taste.

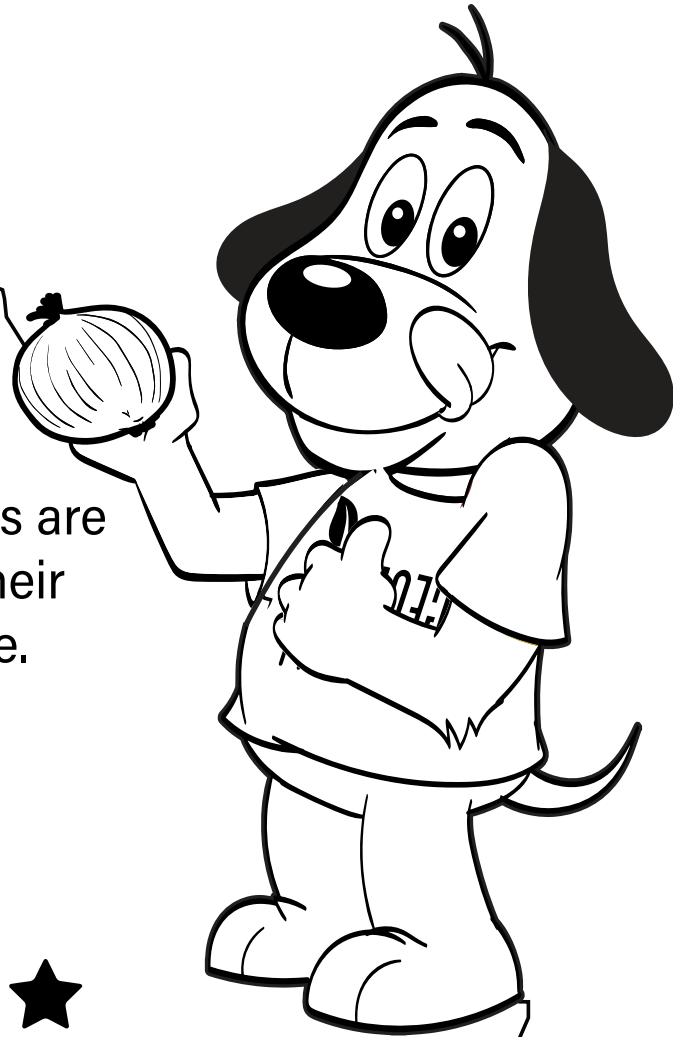
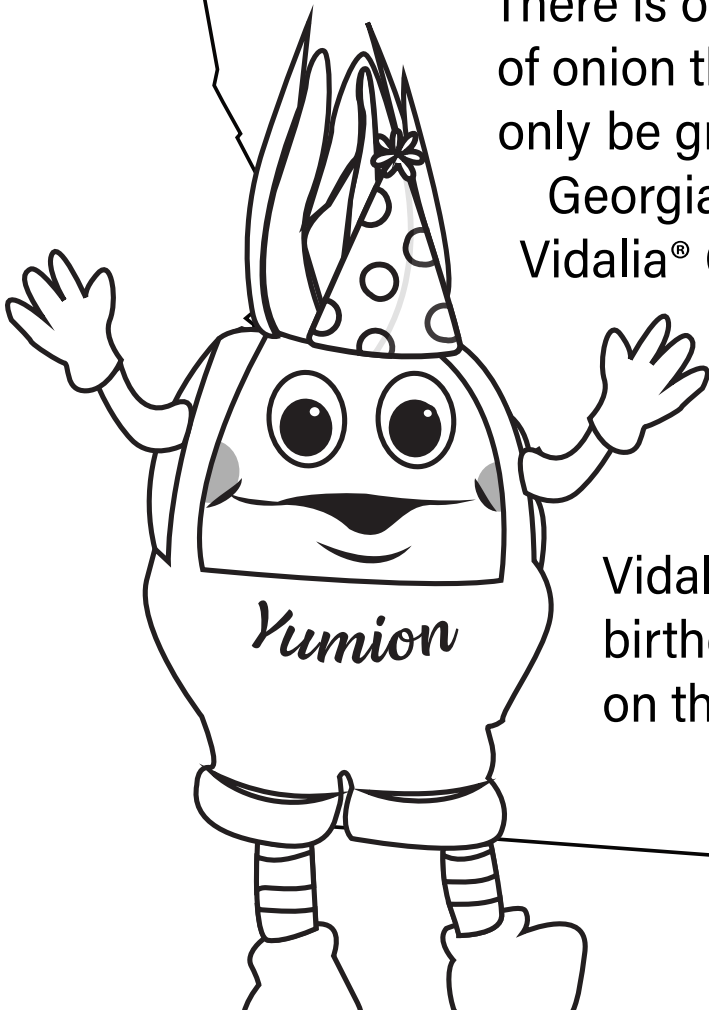
There is one type of onion that can only be grown in Georgia-The Vidalia® Onion.



**VIDALIA**



Vidalia® onions get a new birthday every year- depending on the harvest for the season.





# FOOD FIND



S X I T Z W P B V L  
O G E O R G I A E W  
I V I D A L I A G S  
L B Y S W E E T E T  
B U U Y J Q M Q T E  
T L R O O T S F A M  
C B L V M Y N Q B L  
H Y U M I O N G L E  
O Q F L O W E R E A  
P L L R M U Z Y L F

---

Flower	Bulb	Vidalia <sup>®</sup>	Georgia
Leaf	Roots	Yumion	Chop
Stem	Soil	Sweet	Vegetable



# A PART of Georgia: VIDALIA<sup>®</sup> ONIONS

Help Georgie identify the parts of the Vidalia<sup>®</sup> onion.  
Label each part with terms in the word box.

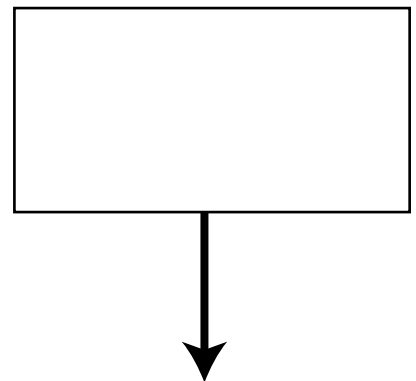
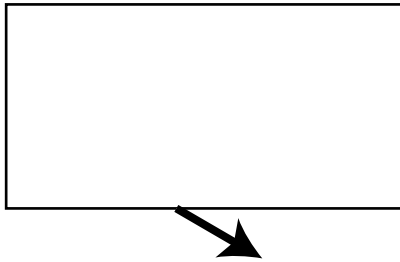
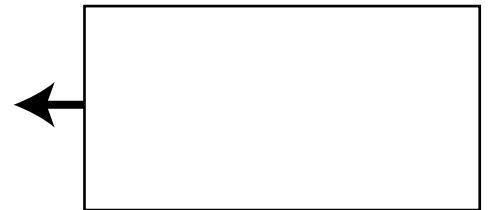
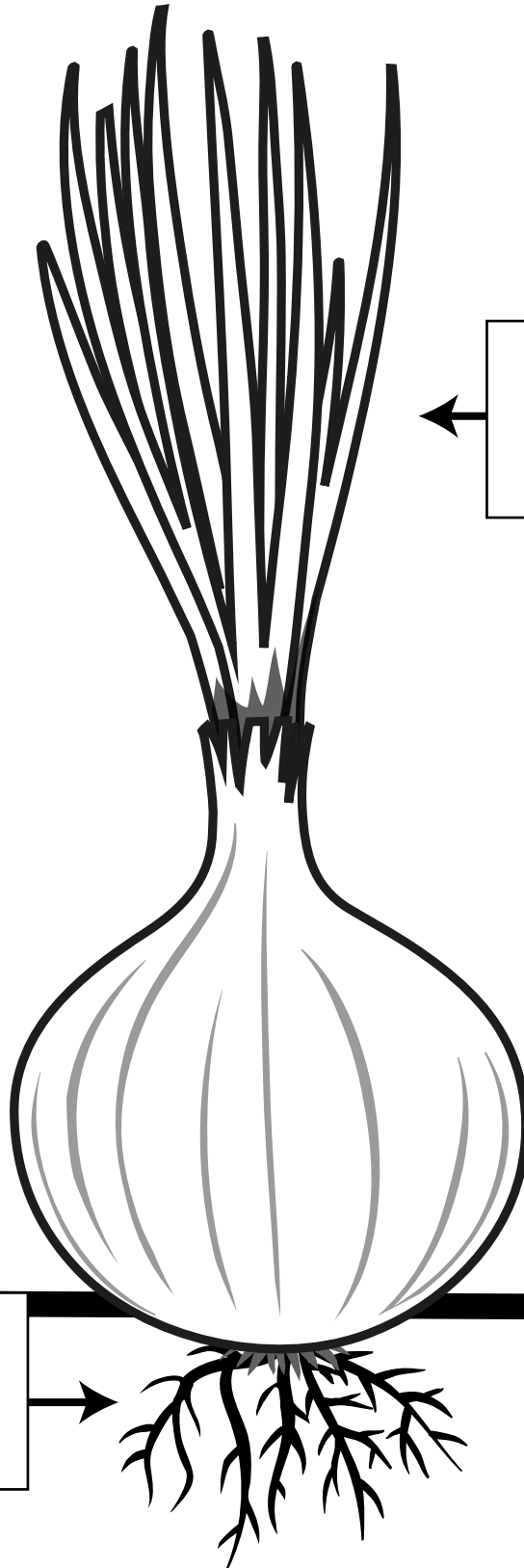
Word Box:

Leaves

Bulb

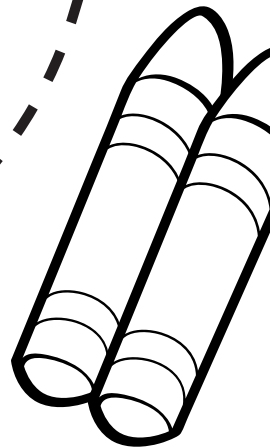
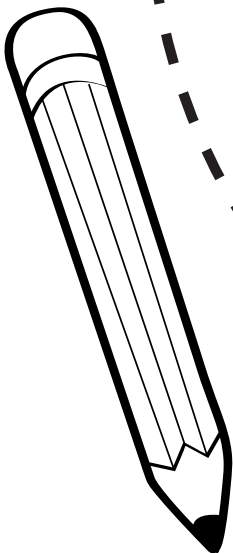
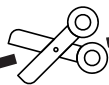
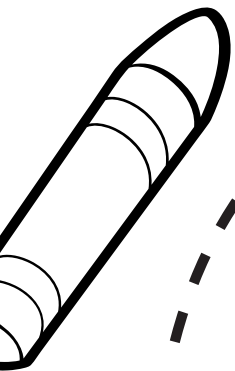
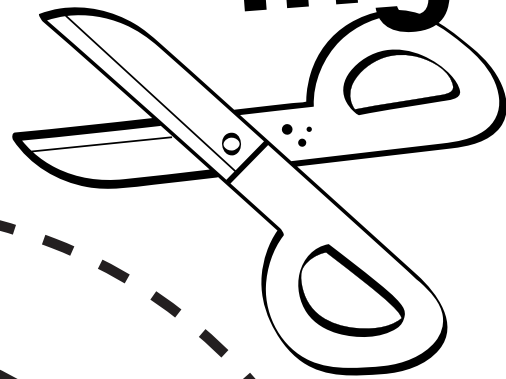
Roots

Soil





a-  
**PEEL**  
-ing



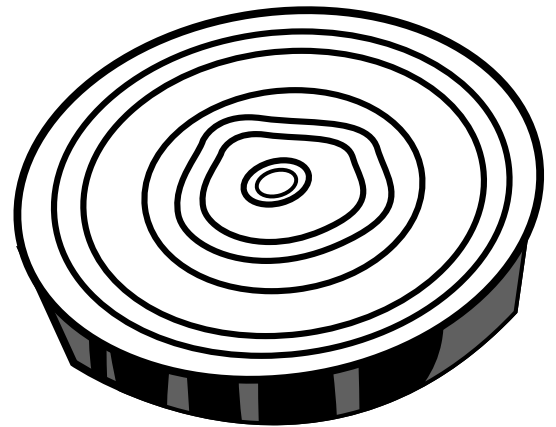
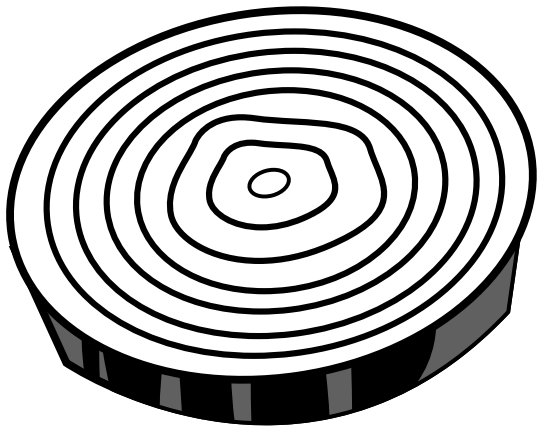
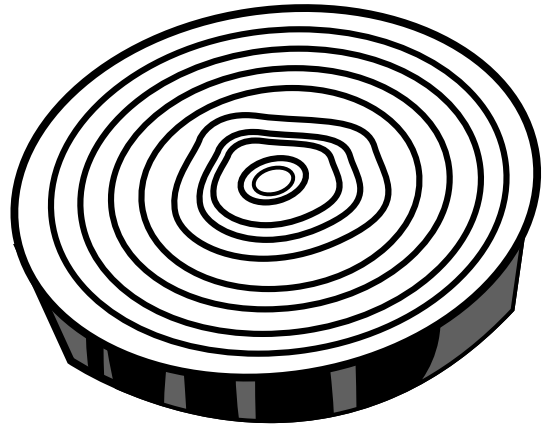
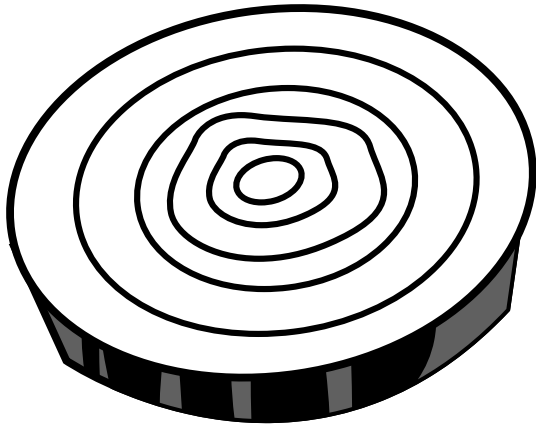
Onions have many layers.  
Help Georgie cut all the  
layers of the onion.



Be sure to follow the  
lines, when you're done,  
you'll have a springy surprise.

# COUNTING on Vidalia<sup>®</sup> Onions

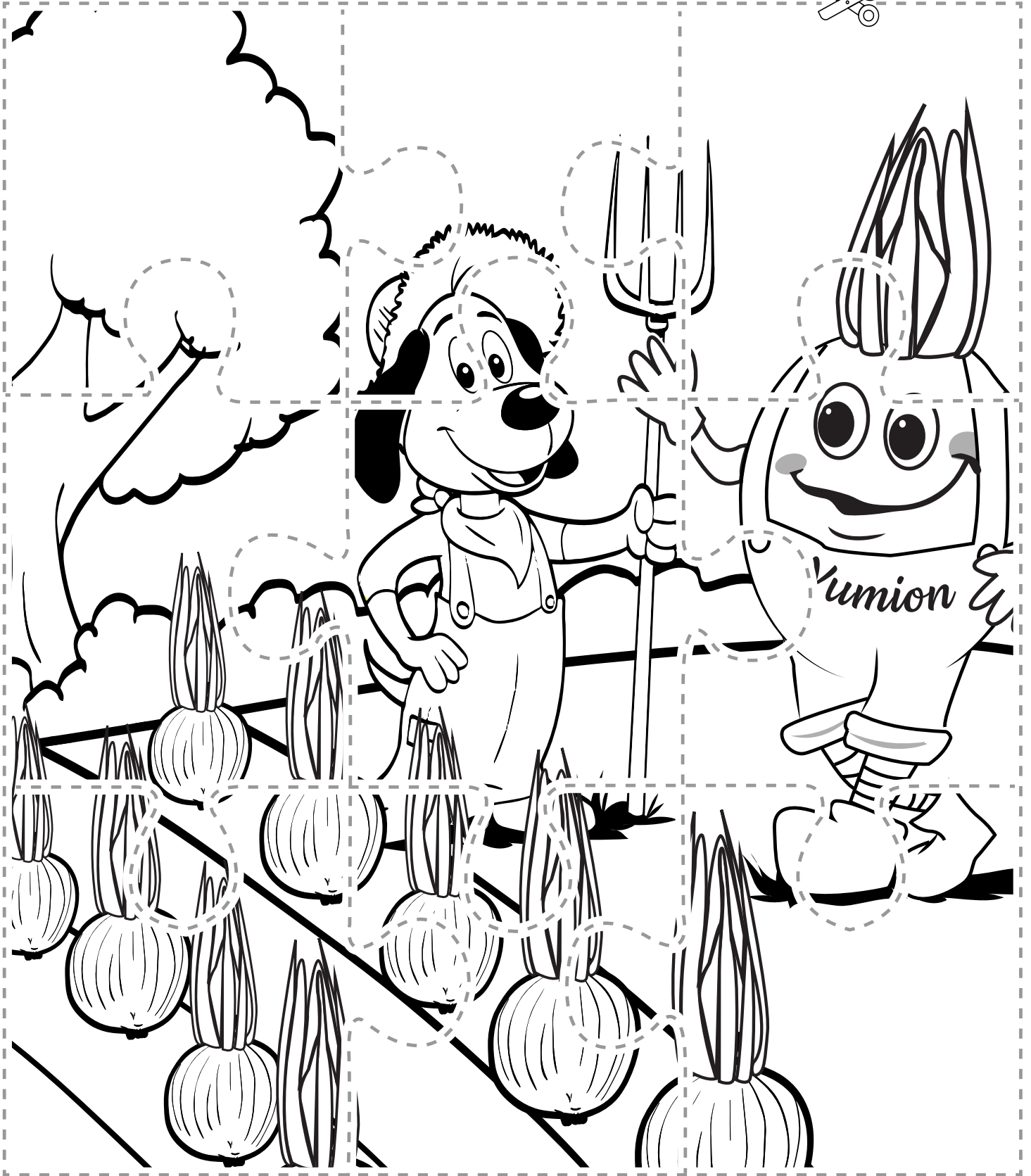
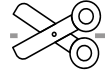
Georgie needs to know which onion has the most rings and you can help. Count the number of rings in each onion and write the number in the blank below. Circle the onion with the most layers.





# VIDALIAS® ARE A BIG PIECE OF GEORGIA

Color the Vidalia® onion farm scene. Cut out the puzzle pieces.  
Put the puzzle picture together again.

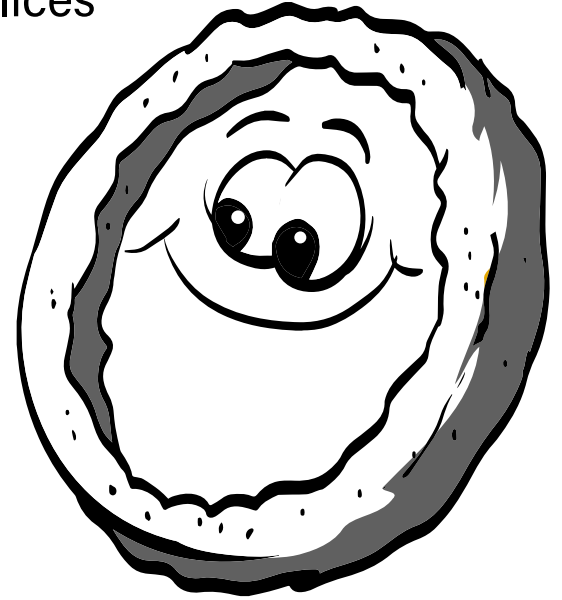


# BAKED VIDALIA<sup>®</sup> ONION RINGS

Make this recipe with the help of an adult. Serves 4.

## Ingredients:

1 Large Vidalia<sup>®</sup> Onion, sliced into 1/2" slices  
1 1/4 Cups Self-Rising Flour  
1 Egg  
1 Cup Milk  
1 Cup Italian Bread Crumbs  
2 Tablespoons Parmesean Cheese  
Baking Spray

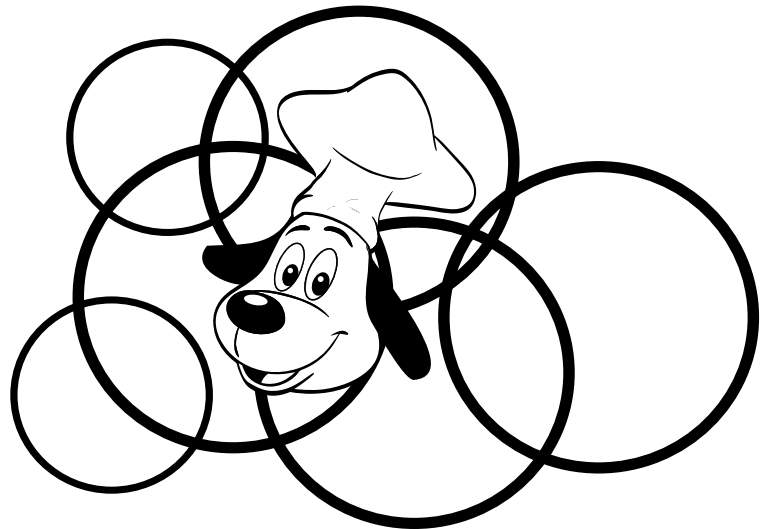


## Directions:

Separate onion slices into rings.  
Blend milk and egg.  
Dip onion rings into egg and then into flour.  
Place floured onion rings into bread crumbs, completely covering the flour.  
Place coated rings onto sprayed baking sheet and sprinkle with parmesan cheese.  
Bake at 350 degrees for 20 minutes.

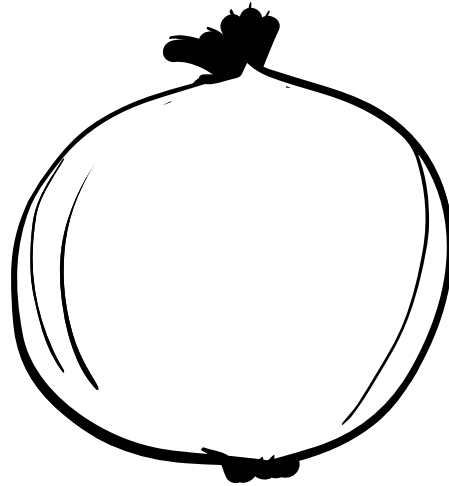
How  
many  
rings am I  
touching?

---



# Onion ART & ADVENTURE

Create a friend for Yumion! **Draw your own character using the onion outline. Name and describe your character.**



Character Name:

---

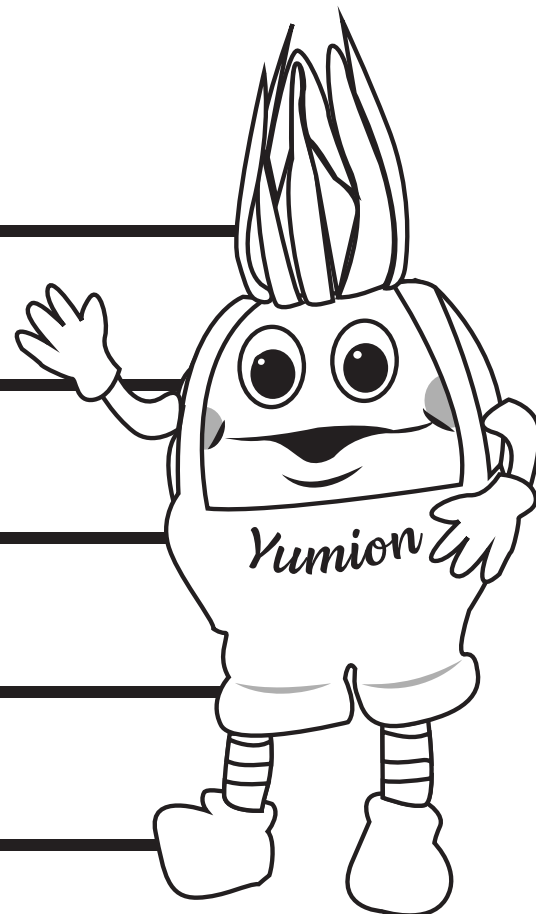
Character Description:

---

---

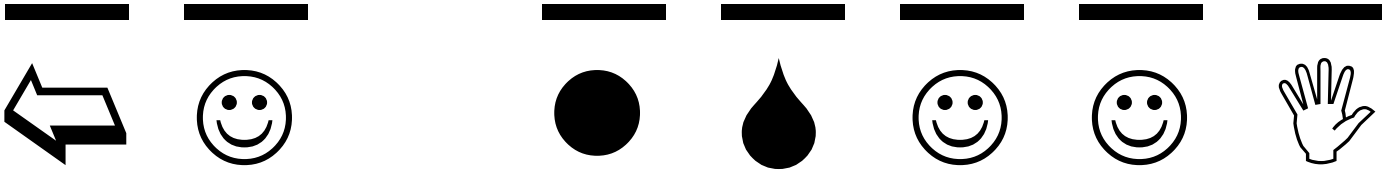
---

---

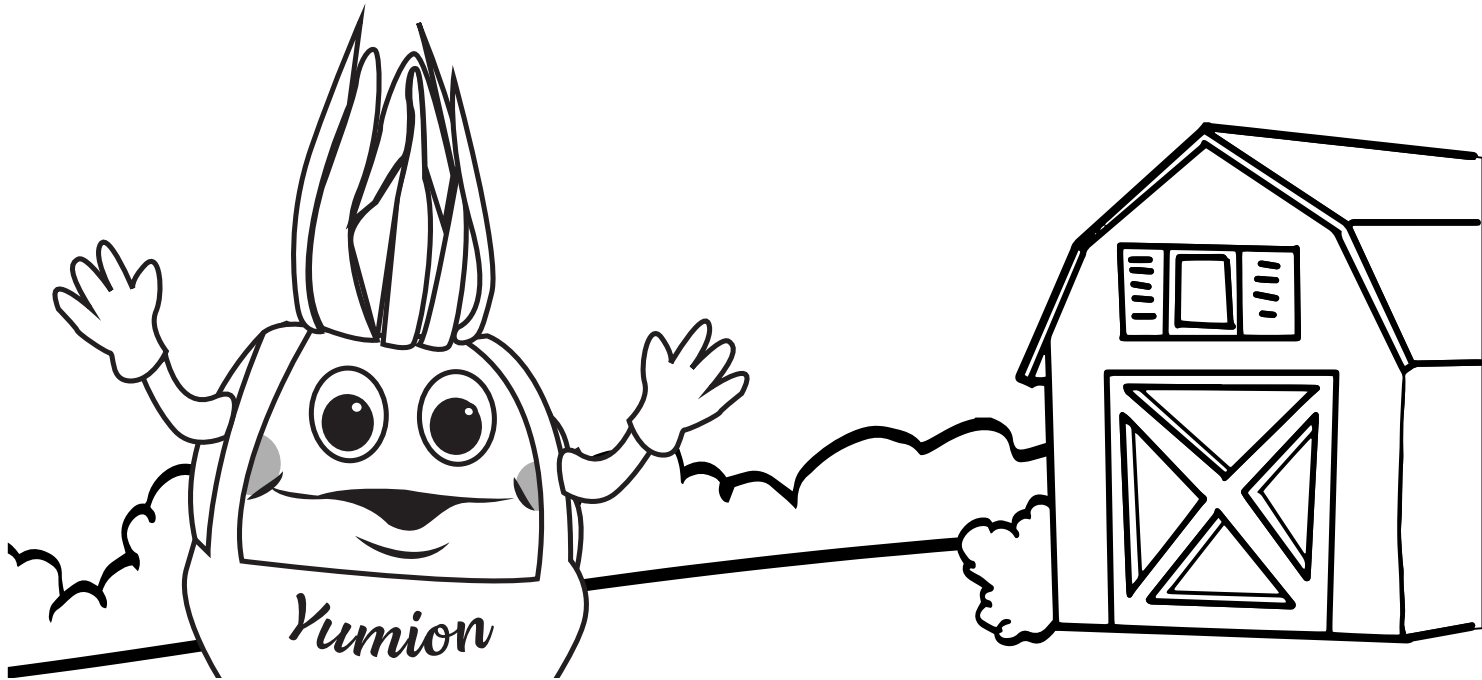




# What is *Yumion's* ambassador message?



Yumion, the Onion Ambassador, has a message for you.  
Use the decoder below to match each symbol to a letter.



<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>
<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>



*Be  
Sweet*



# Vidalia<sup>®</sup> Onion Facts



- In 1990, Vidalia<sup>®</sup> onions were named the Official State Vegetable of Georgia.
- Each year, the pack date is set by the Georgia Ag Commissioner. No onion sold before the pack date can be called a “Vidalia.”
- Approximately 200 million pounds of Vidalia<sup>®</sup> onions are distributed across the country and Canada each year.
- The Vidalia<sup>®</sup> Onion is sweet and crisp with a distinctive flavor all its own that cannot be replicated anywhere else in the world.
- There are only 20 counties in Georgia that have the right soil and weather to grow Vidalia<sup>®</sup> onions.
- The Vidalia Onion Act of 1986 was passed by the Georgia state legislature, trademarking the name “Vidalia onions” and defining the growing region.



Gary W. Black, Commissioner  
Georgia Department of Agriculture



Layers of Learning



Dr. Linette Dodson  
State School Nutrition Director

[GeorgiaGrown.com](http://GeorgiaGrown.com)

[FeedMySchool.org](http://FeedMySchool.org)

[gasnp.org](http://gasnp.org)

**L. Boot**

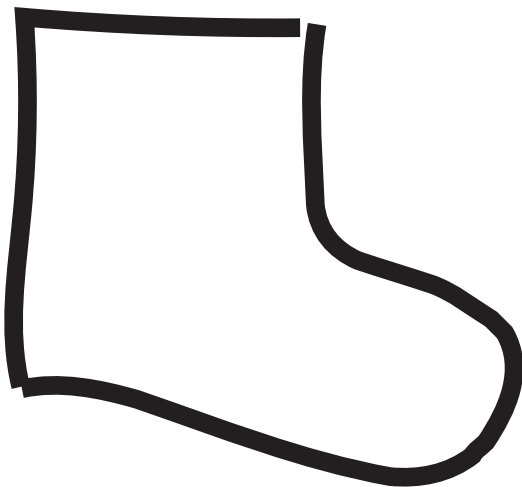
**Yunion the  
Onion Body**

**Arm**





**R. Boot**

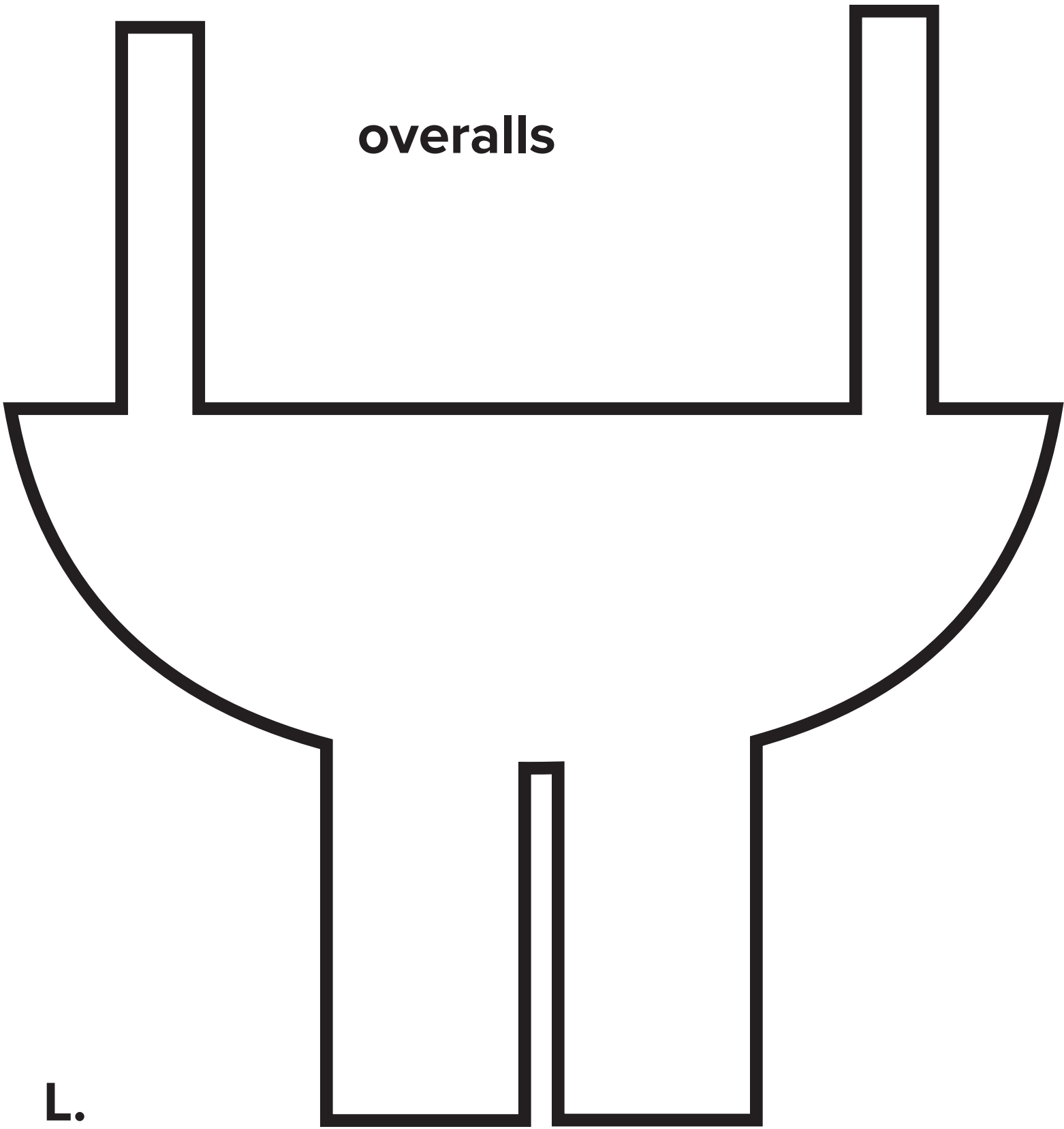


**Arm**

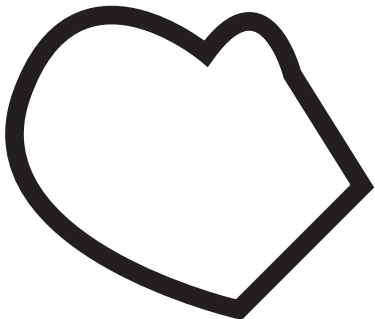




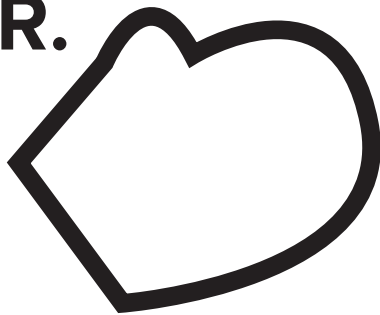
**overalls**



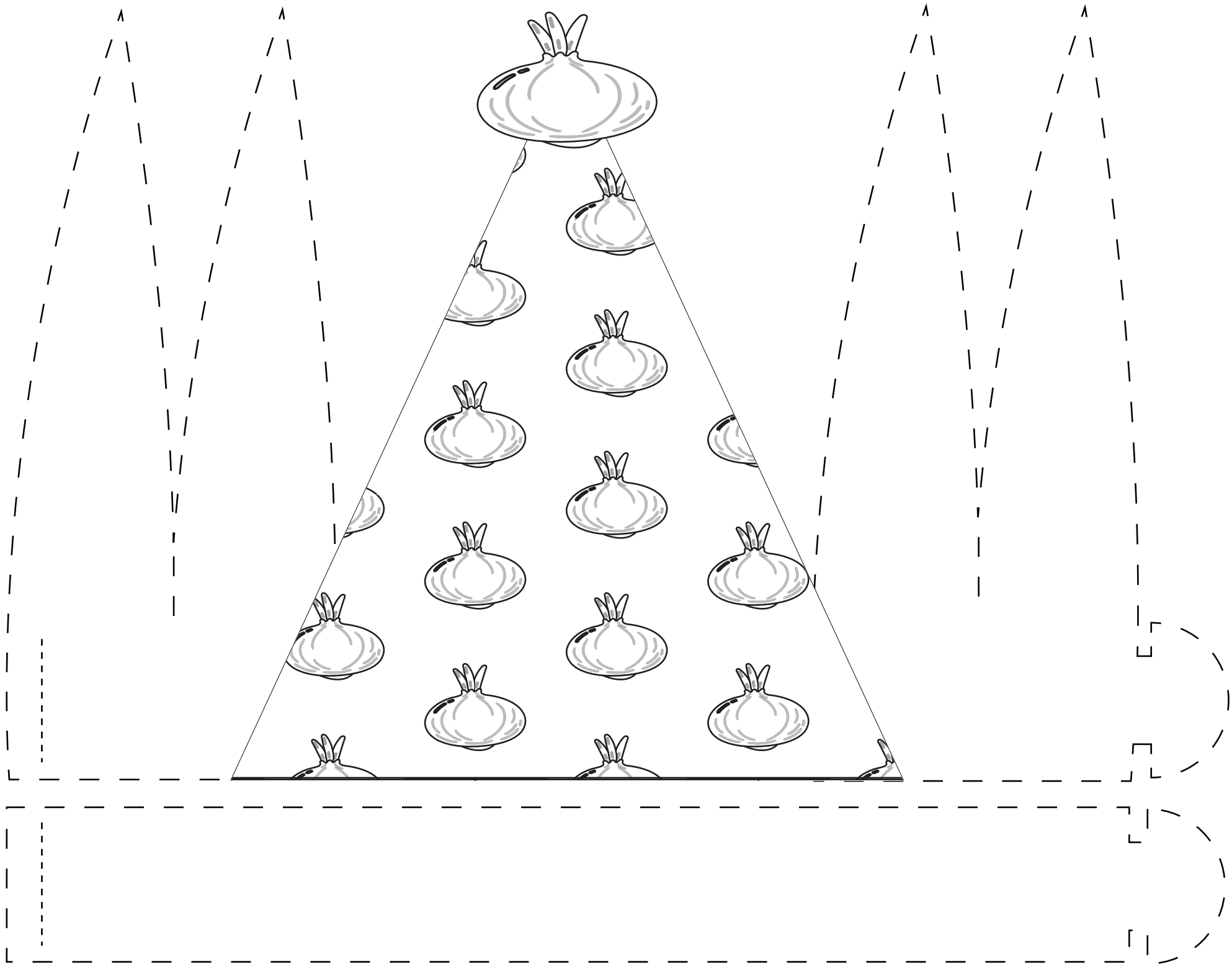
**L.**

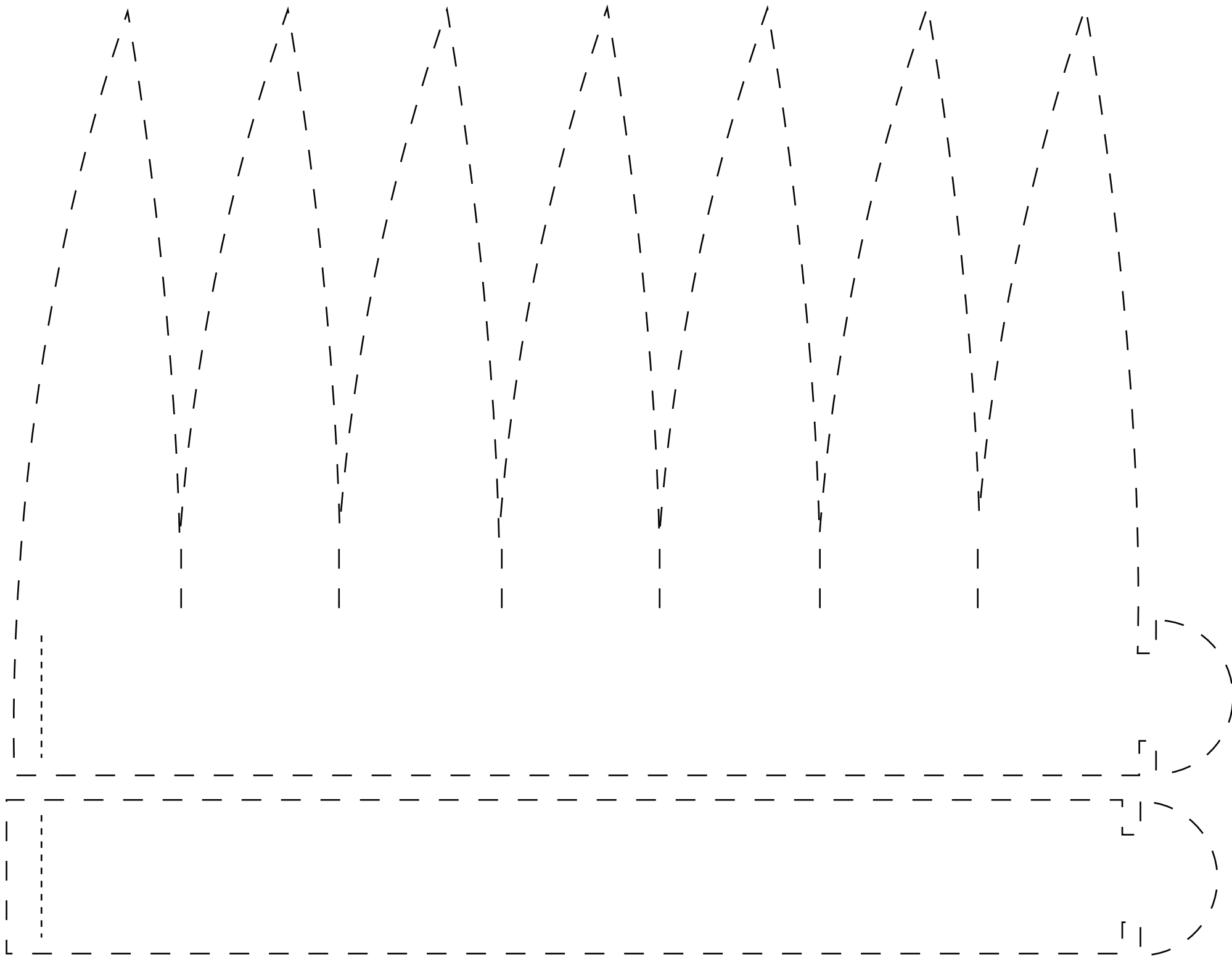


**R.**



**Gloves**

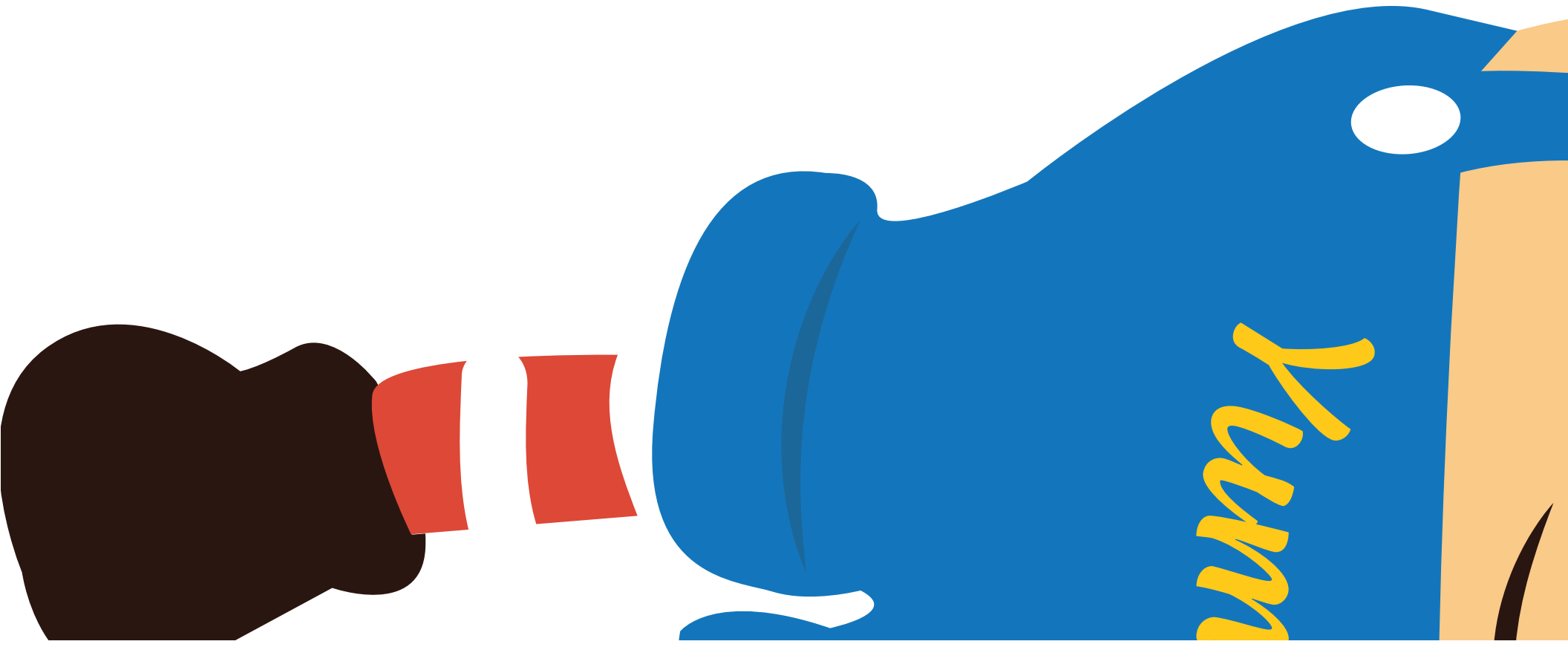




**Cut Yumion out and tape him together!**

**Edges overlap so you can line them up.**

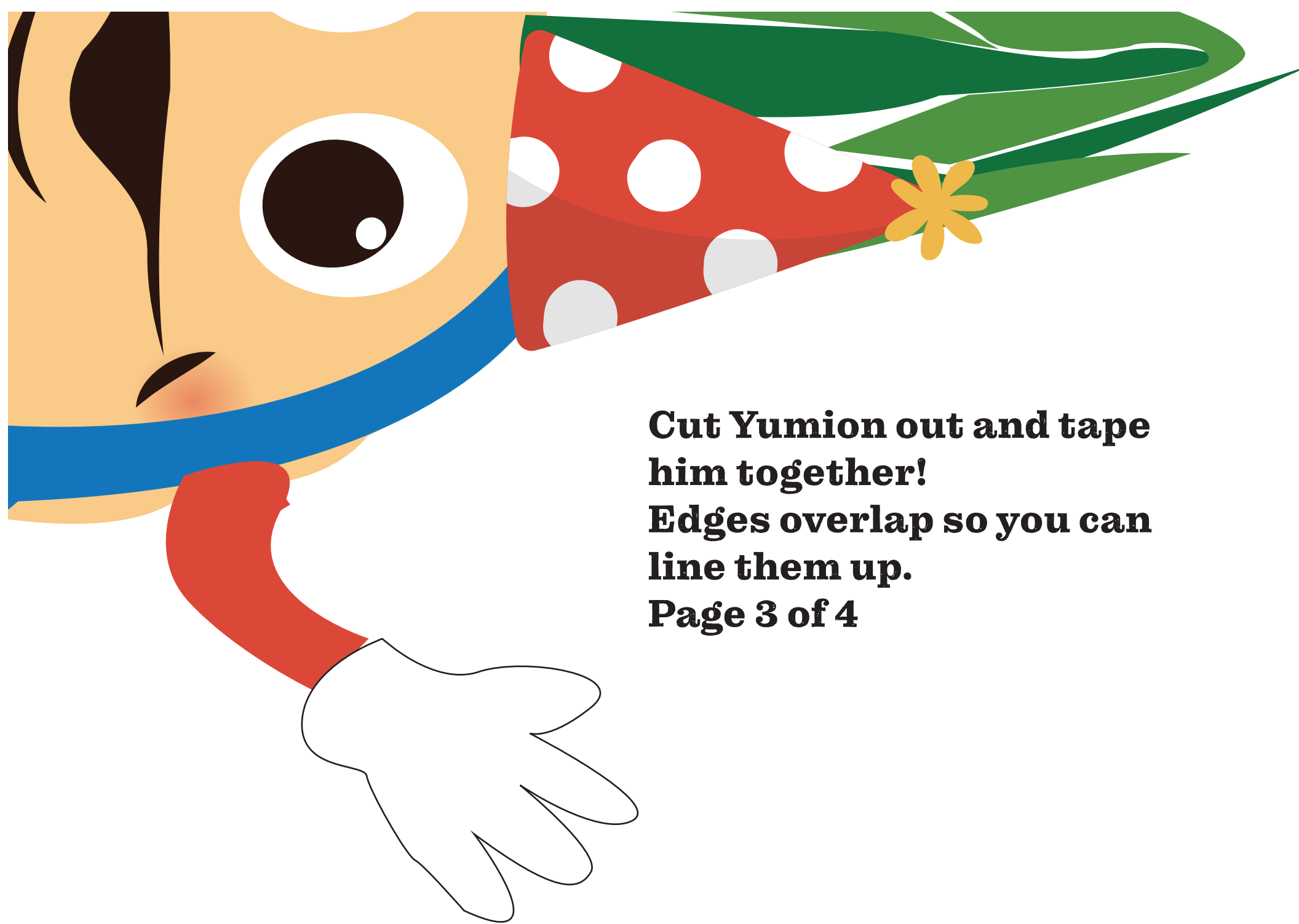
**Page 1 of 4**



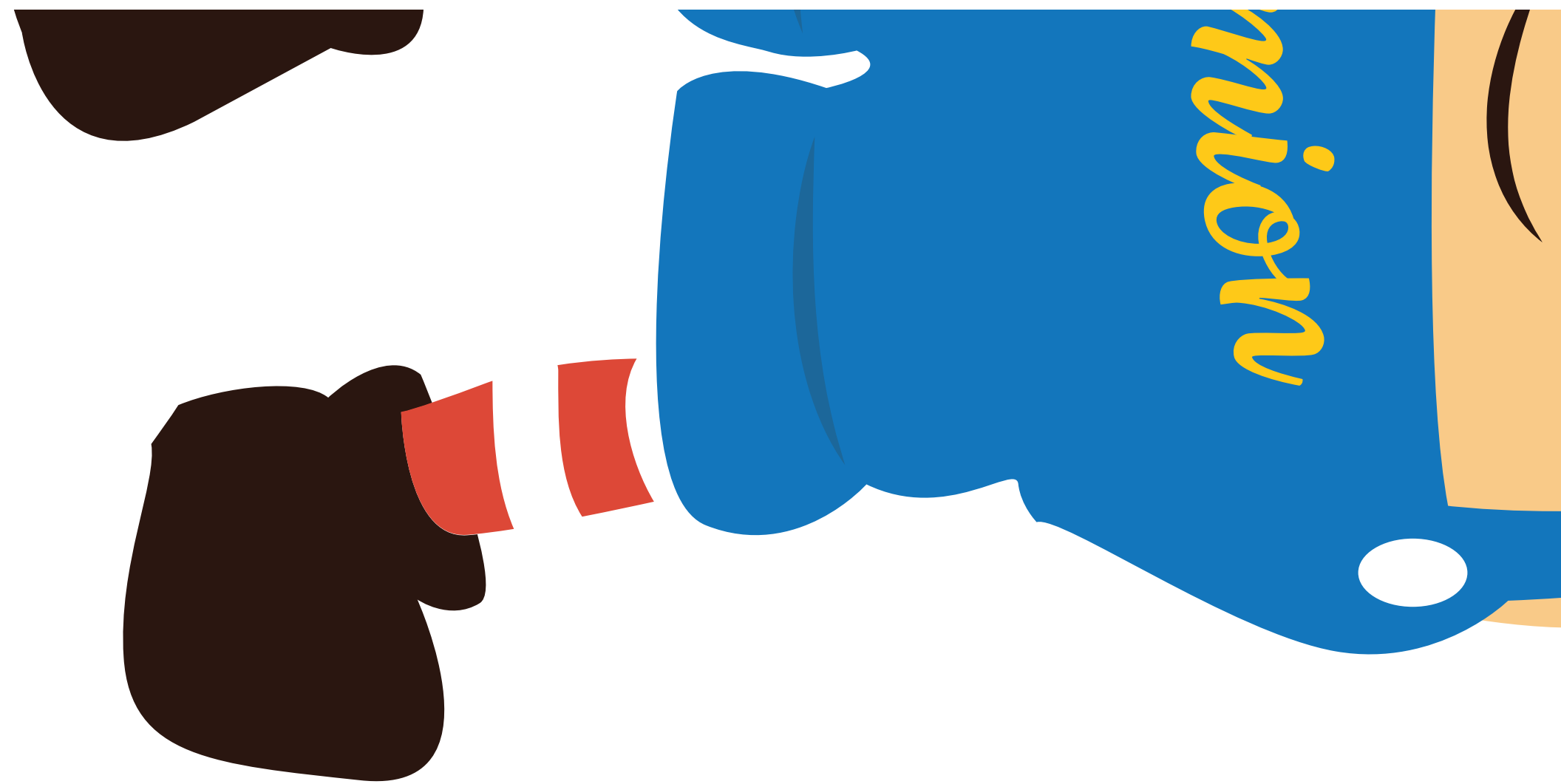


**Cut Yumion out and tape  
him together!  
Edges overlap so you can  
line them up.  
Page 2 of 4**





**Cut Yunion out and tape  
him together!  
Edges overlap so you can  
line them up.  
Page 3 of 4**



**Cut Yumion out and tape him together!**


**Edges overlap so you can line them up.**

**Page 4 of 4**



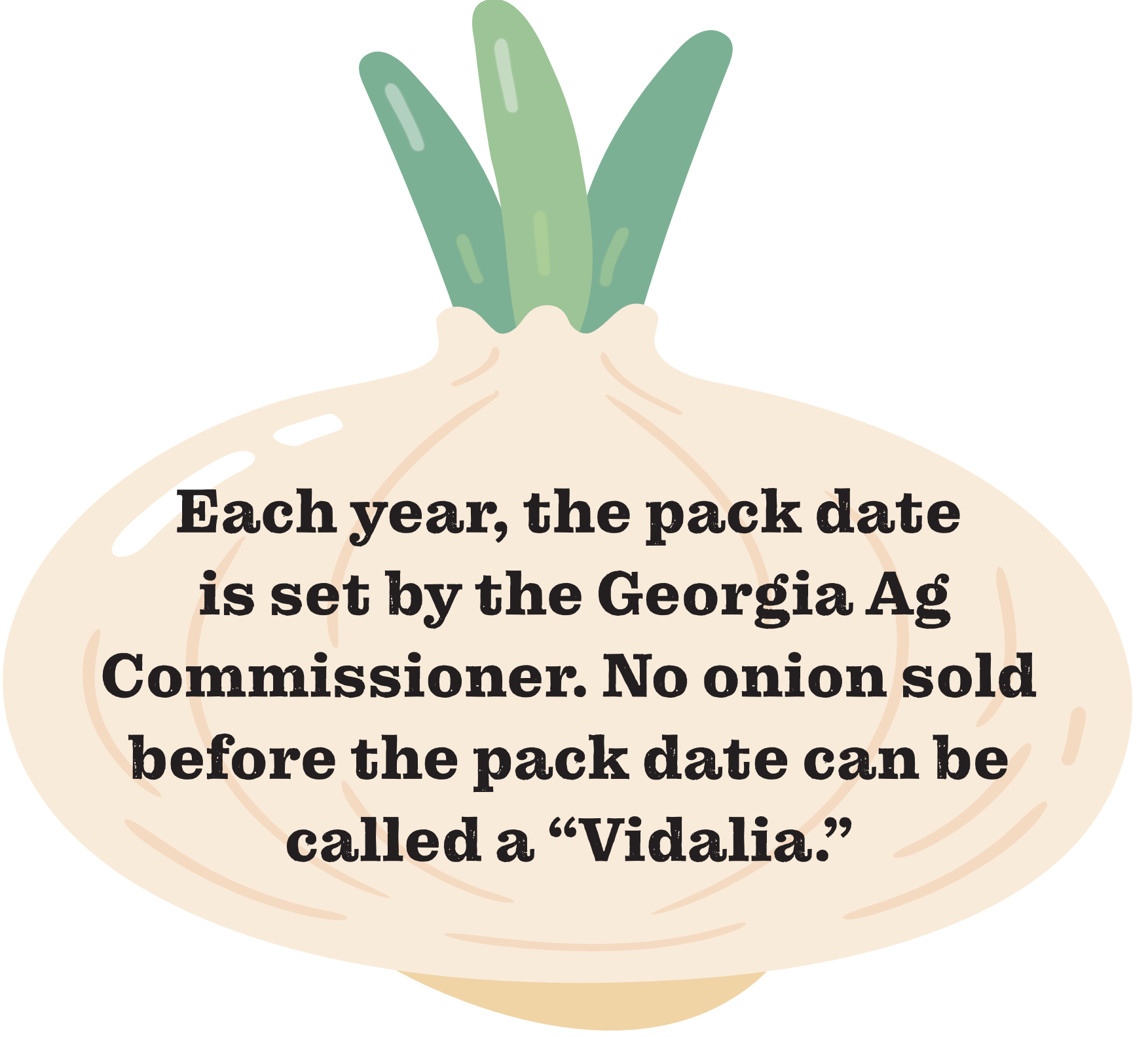
**Be  
Sweet!**

**Happy  
Birthday  
Yummiom!**


An illustration of a Vidalia onion. The onion bulb is light tan with darker tan curved lines representing its texture. It has three green stalks growing from the top. The text is centered on the onion bulb.

**In 1990, Vidalias  
were named  
Georgia's Official  
State Vegetable.**

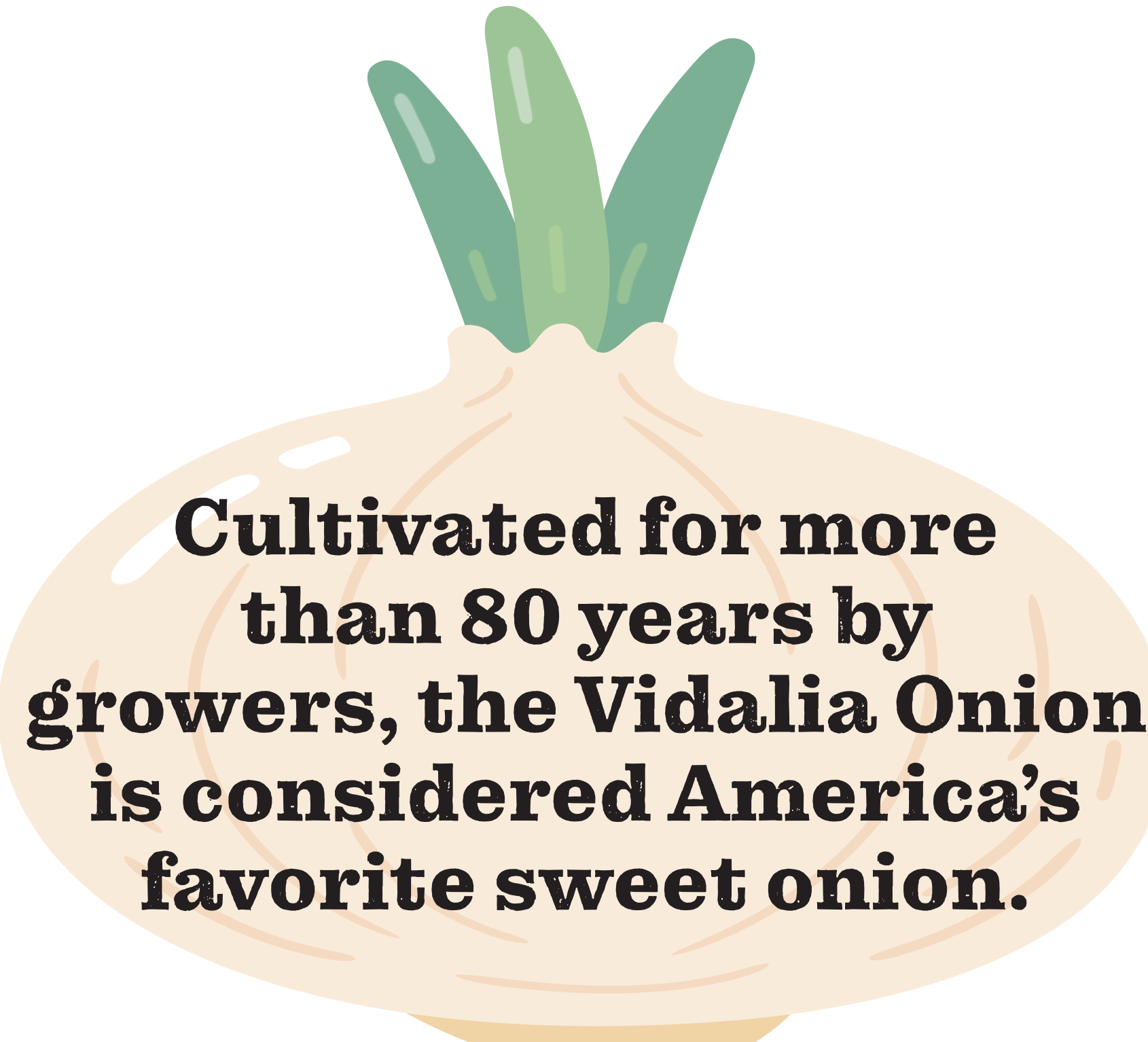


A stylized illustration of a Vidalia onion. The onion bulb is light orange with darker orange curved lines indicating its shape. It has three green, pointed leaves growing from the top. The text is centered on the onion bulb.


**Each year, the pack date is set by the Georgia Ag Commissioner. No onion sold before the pack date can be called a “Vidalia.”**

A stylized illustration of a Vidalia onion. The onion bulb is a light tan color with several concentric rings and a few darker tan lines indicating its texture. It has three green, pointed leaves growing out of the top. The entire onion is centered on a white background.


**Approximately 200 million pounds of Vidalia onions are distributed across the country each year.**

A stylized illustration of a Vidalia onion. The onion bulb is light tan with faint concentric rings. It has three green, pointed leaves growing from the top. The text is centered on the onion bulb.

**Cultivated for more than 80 years by growers, the Vidalia Onion is considered America's favorite sweet onion.**



**Vidalia's distinctive taste is derived from the combination of weather, water and soil uniquely found within 20 South Georgia counties.**

A stylized illustration of a bulb, possibly a shallot or a small onion, with three green leaves sprouting from the top. The bulb is light brown with some darker brown lines indicating its shape and texture. The text is centered on the bulb.

**Hand planted, harvested  
and cured each season, the  
sweet, juicy bulbs are available  
within a limited window from  
April to August.**