

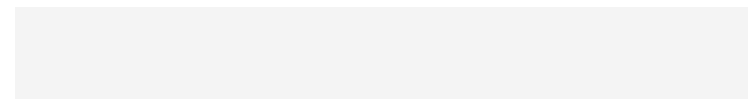


Onions



Onions are high in vitamin C, fiber, and flavonoids--compounds with anti-inflammatory health benefits.

Today's onions are from:



Did you know?

New England farms produce approximately 1.6 million pounds of onions each year.

    #Nourished
noharm.org/NourishedbyNewEngland

