



REALSWEET® ONIONS FROM SHUMAN FARMS

ABOUT SWEET ONIONS

 **Versatile & Mild** – Their naturally sweet flavor makes them perfect for everything from salads and stir-fries to soups and roasted dishes.

 **Easier on Digestion** – With lower sulfur content than other onions, sweet onions are a great option for individuals sensitive to stronger onion varieties.

 **Nutrient-Rich** – Sweet onions contain fiber, vitamin C, and antioxidants, supporting overall wellness.

VIDALIA® - THE CHAMPAIGN OF ONIONS

 **Naturally Sweet & Mild** – Vidalia onions thrive in Georgia's unique soil and climate, giving them a signature sweetness with no harsh bite.

 **Versatile & Delicious** – Enjoy them raw in salads, sandwiches, and salsas, or cook them to bring out their rich, caramelized flavor.

 **Limited-Season Specialty** – Only available April through August, Vidalia onions are a seasonal favorite that shoppers look forward to all year!

NUTRITIONAL BENEFITS ON SWEET ONIONS

 **Supports Heart Health** – Sweet onions contain antioxidants and compounds that may help promote heart health as part of a balanced diet.

 **Boosts Immunity** – Rich in vitamin C and other beneficial compounds, sweet onions help support a strong immune system.

 **Aids Digestion** – Naturally occurring prebiotics in sweet onions help nourish good gut bacteria for a healthy digestive system.

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