

**GARLIC AND ONIONS ARE PART OF THE ALLIUM GENUS,  
ALONG WITH LEEKS, SCALLIONS, CHIVES, AND SHALLOTS!**



Garlic has been used since ancient times to ward off coughs, colds, and other ailments!

**Getting teary? Onions let out fumes when they're chopped (or bitten into) to ward off predators, just like skunks!**

**Garlic and onions  
are two of the oldest  
known foods!**

THERE ARE

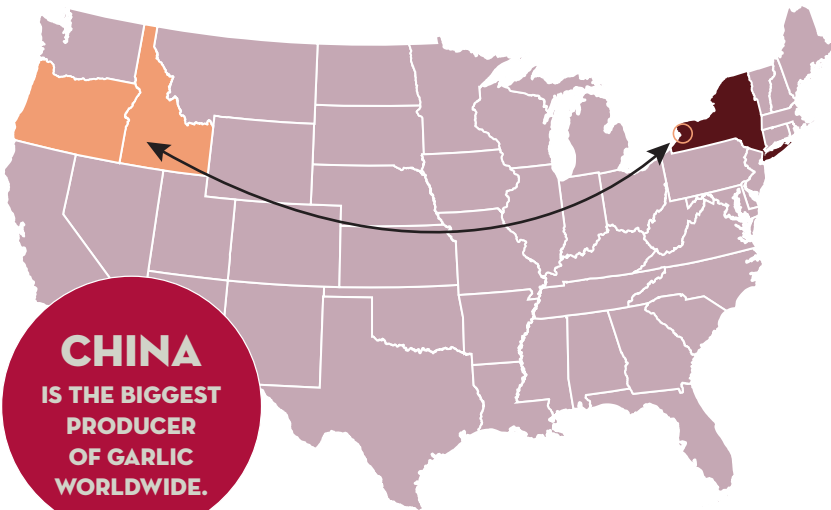
**27**

DIFFERENT  
VARIETIES OF  
ONIONS!  
POPULAR  
VARIETIES  
GROWN IN NY:  
YELLOW COOKING  
ONIONS, SWEET  
ONIONS, & RED  
ONIONS

There are over **300** varieties of garlic grown all over the world.

**IDAHO & EASTERN OREGON ARE THE TOP ONION-GROWING REGIONS IN THE UNITED STATES. ONIONS MUST TRAVEL ABOUT 2200 MILES TO REACH BUFFALO.**

**OUR NEW YORK STATE ONIONS ONLY HAVE TO TRAVEL 46 MILES TO REACH THE CAFETERIA!**



**CHINA**  
IS THE BIGGEST  
PRODUCER  
OF GARLIC  
WORLDWIDE.

**Low in fat  
& calories**



**GARLIC AND ONIONS ADD SAVORY FLAVOR TO SOUPS, ROASTED & SAUTÉED VEGETABLES, SALADS, AND SANDWICHES.**

Store onions away from other fruits and veggies, or you might find that your apples taste like onions!