



# ONION

*Allium cepa*

**PLANTING** Aug - Sept. **HARVEST** Jan - April **PROCESS** April - Aug

## INGREDIENTS

- *Onion Paste*

Famous all over the world from Asia to South America, this member of the lily family provides a pungent and savoury base to all manner of foods.

Fertile soils and a moderate climate help us grow large processing onions.

Famously odorous onions are also a good source of dietary fibre, folate, potassium, and manganese.