



# DO YOU KNOW YOUR ONIONS?

## SWEET ONION



VERSATILE - USE RAW OR COOKED  
SWEET, MILD FLAVOR PROFILE  
FLAT SHAPE  
LIGHT YELLOW SKIN COLOR

## RED ONION



USE RAW TO ADD COLOR  
MILD FLAVOR PROFILE  
ROUND SHAPE

## YELLOW ONION



USE IN COOKING  
PUNGENT FLAVOR PROFILE  
ROUND SHAPE  
DARK YELLOW SKIN COLOR

## WHITE ONION



USE IN SAUCES  
PUNGENT FLAVOR PROFILE  
ROUND SHAPE