





## **REALSWEET® ONIONS FROM SHUMAN FARMS**

## **ABOUT SWEET ONIONS**

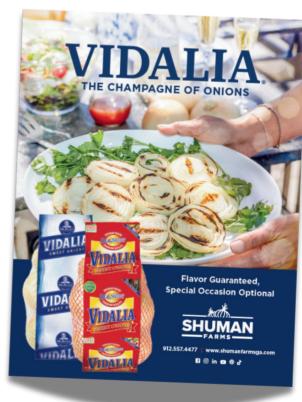
- **Versatile & Mild** Their naturally sweet flavor makes them perfect for everything from salads and stir-fries to soups and roasted dishes.
- **Easier on Digestion** With lower sulfur content than other onions, sweet onions are a great option for individuals sensitive to stronger onion varieties.
- **ENUTRICH** 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!

## **NUTRTIONAL 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.
- **YAids Digestion** Naturally occurring prebiotics in sweet onions help nourish good gut bacteria for a healthy digestive system.



**LEARN MORE AT SHUMANFARMSGA.COM**