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Onions:

- Started in Asia around 5,500 years ago
- To prevent crying while cutting, chew gum, light a candle, cut under running water, or put white vinegar on the cutting board prior to cutting.
- Yellow variety are the most popular
- Juiced are a very potent medicinal remedy used over the last few thousand years by healers
- Are a strong antiseptic and help increase blood flow
- Are the 6th most popular crop in the world
- Grown on nearly every continent
- China, India, US, and Egypt are largest producers
- Were worshiped in ancient Egypt
- Were used as currency to pay rent in the past
- Are easily stored
- 1,000+ onion farms in the U.S.
- New York is known as the "Big Apple" but used to be called the "Big Onion." It was a place you could peel off layer by layer and never reach the core.
- Are toxic to dogs and cats
- Contain no fat and average 30 cal. for 1 regular sized
- Ulysses S. Grant, during the American Civil War, said: "I will not move my army without onions!" Three train cars were loaded & immediately shipped out.

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