

IT ALL STARTS WITH RealSweet® Onions

Headquartered in the center of the Vidalia® growing region in southeast Georgia, **Shuman Farms has been bringing sweet onions from our family to yours for more than 35 years.** We believe in growing only the highest quality sweet onions. All of our products are non-GMO and grown using organic or conventional farming practices that we have perfected over years — and generations — of experience. Learn more about how we grow, harvest, package, and ship our sweet onions at realsweet.com.

Sweet Onions 101

- Sweet onions are rich in Vitamin C, chromium, folate & fiber. Plus, they are packed with antioxidants supporting the immune system.
- Keep sweet onions in a cool, dry place & separated from each other to prevent bruising.
- Sweet onions' mild flavor allow them to be the perfect ingredient in any dish - hot or cold.
- No need to add sugar to caramelize sweet onions. Just cook them low & slow for 20 - 25 minutes.

