

# Alastair's

## SWEET RED ONIONS

**A naturally bred hybrid sweet red onion, with all the taste, crunch and nutrition without the tears.**

### 'No Tears' Red Onion

A world's first for red onions, Alastair's Sweet Red Onion can be chopped or sliced without the usual tears, discomfort and smarting eyes.

### Reduced Pungency

Refined over 20 years for reduced pungency, Alastair's Sweet Red Onion produces no strong aftertaste or bad breath usually associated when consuming raw onions.

### Improved Health Benefits

Red onions contain powerful anti-carcinogens and are proven to reduce harmful cholesterol by Avg. 20% leading to a reduction in heart disease.<sup>1</sup> During trials, Alastair's Sweet Red Onions have been noted as more digestible than the average red bulb.

### Intensified Sweetness

Sweeter than alternative onions, Alastair's Sweet Red Onion lacks bitterness making it extremely enjoyable to eat raw and more palatable for children.

### Extended Season Availability

UK distribution is available between October to May, Alastair's Sweet Red Onions are held in a variety of environments including refrigeration and controlled atmosphere storage.

### Juicy and Crunchy

Retains texture and moisture, eaten fresh or cooked, Alastair's Sweet Red Onion enhances the appeal of any salad with it's large, succulent and crunchy rings.

## History

In 1994 as part of his onion breeding work, Alastair Findlay unearthed a unique sweet red onion bulb that was both mild and surprisingly sweet. During a visit to the United States, he witnessed first-hand the popularity of the sweet brown onion. As a result, Alastair realised the enormous potential for a sweet red onion and was inspired to breed a new hybrid just as good as the originally discovered bulb.

Over 20 years were spent developing typical European red onions to reduce bitterness and increase sweetness. After personally tasting and evaluating thousands of bulbs, Alastair, in partnership with Bedfordshire Growers Ltd., has introduced an entirely new sweet red onion hybrid which was declared the winner of the prestigious UK Fresh Produce Journal Innovation Award.



*"Lovely, nice and juicy and fresh, would really complement any salad"*

*"Sweet tasting, mouth watering. Great produce!"*

*"Tasted fresh and delicious, nice and crisp!"*

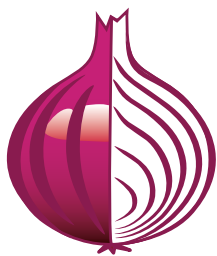
*"Just the right strength, lovely taste!"*

Campden BRI   
food and drink innovation

<sup>1</sup> As measured by the University of Hong Kong



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# Alastair's SWEET RED ONIONS

## Typical Uses



### Uncooked

- As a salad garnish
- Perfect with mature cheese
- Beef or chicken burger topper
- Chopped up in guacamole
- Tuna sandwich
- Salsa dips

### Cooked

- Stir Fry
- Seafood Risotto
- Beef Bourguignon
- Pork/Lamb Casserole
- Onion Rings
- Pizza topping

**NUTRITION:** Typical values  
(Raw Alastair's Sweet Red Onion) Per 100g

**Energy** 161kJ/38kcal

**Fat** 0.3g

of which Saturates 0.1g

of which Monounsaturates 0.1g

of which Polyunsaturates 0.1g

**Carbohydrate** 7.1g

of which sugars 6.7g

**Fibre** 1.4g

**Protein** 1.0g

**Salt** <0.01g



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A UKAS Accredited testing laboratory No. 1079

Alastair's Sweet Red Onion is a versatile ingredient that can be eaten raw or cooked. Consumers experience a juicy, crunchy texture without the bitter aftertaste. When cooking the onion, the extra sweetness augments any dish without loss of colour or vibrancy.

## Distribution and Media



*"It's funny to think that before the 1990s, there were no red onions grown within the UK, however, due to the popularity and versatility of the variety, they now account for 20% of the total onions sold within the UK. We're incredibly proud to have worked and supported Alastair on his journey. Introducing the UK's very first sweet red onion is a fantastic achievement and like the USA, the UK has a sweeter palate than most so will appreciate the same tangy flavour, without the strong acidity of some onions."*

**Andy Wareham, vegetable buyer at Asda.**



**Daily Mail The Daily Telegraph TIME**



<http://www.bedgrow.co.uk/sweet-red-onions>

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