



Onion

Allium cepa

Nutrition Facts

- One cup of raw onion contains 20% of the recommended daily value of Vitamin C.
- Potassium, phosphorus and calcium are all found in onions.
- Onions are rich in chromium which helps facilitate insulin and manage blood sugar levels.

Planting

Plant 3/15-4/15

(Guidelines for planting in raised beds)

Sets: Planting onion sets will grow green onions. Plant the set with the root end down. The sets should be planted about half an inch deep with the tip of the set sticking out of the ground. The sets should be planted in rows spaced 2-3” apart.

Plants: Plant onion plants 1 inch deep with the root end facing down. The plants will stick out of the ground about 4-6” apart. The plants should be planted in rows spaced 4-6” apart.

Harvest & Storage

Green onions: Once shoots reach 5-6” tall you are able to harvest them. If kept in the ground longer, the onion will continue to grow. Once the top of the shoot has folded over, the onion is done growing.

Onions: Once the tops of the onion plants have folded over, leave them in the ground for another 10 days. When you are ready to harvest them, pull the plant and bulb from the ground and let them sit in the sun to dry. Once they have sat in the sun for a day or so move the onions to a warm, dry place to allow onions to fully cure—usually one or two weeks.

The green stem of the onion can be cut off either before or after the onions have dried. Just be sure to not cut too close to the bulb.

Once dried, onions can be stored in a cool, dry place for months. Make sure the skin around the onions stays on, as this prevents rot.

Care

Plants: Water at time of planting. Continue to water as soil dries out. Mulch plants with cotton burr compost or straw to keep the soil moist.



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