

## Onion

(Lily family)



### Seed Starting/Propagation:

Start seeds indoors 12 weeks before last frost (2<sup>nd</sup> week February). Transplant in garden 4 weeks before last frost (2<sup>nd</sup> week April). Plant in full sun 6" apart or as far apart as you would like the size of your onion to grow and ½" deep. For bunching green onions, as soon as soil has warmed and is workable sow seeds directly in the garden 2-3" apart.

### Care:

Water every couple of days until well established. Mulch to retain moisture and keep weeds at bay. Water weekly or biweekly once established.

### Companions:

Don't plant where root crops were the year before and don't plant with peas or beans. Plant with cabbage family members, beets, strawberries, tomatoes, lettuce, summer savory and chamomile.

### Harvesting:

Harvest when the tops have fallen over, usually mid summer to fall. Pull up the plants carefully and leave in the sun for a few days. Bring indoors and continue to cure for another two weeks in a well ventilated area.

### Preserving:

They can be braided and hung or tied an onion at a time in nylon. Keep the stalks attached and use green tops immediately.

### Nutrients:

Onions contain allicin which boosts the immune system, protects against harmful bacteria and viruses and reduces cholesterol. Onions are great to use during times of sickness and as a heart health aid.