

# Future Garden GROWING ONIONS

## ONION

Onions are a bulb vegetable. They contain antioxidants and compounds that help to fight inflammation. They lower the risk of heart disease and are only around 45 calories.

Vitamin C

Vitamin B6

Potassium

Magnesium

### WHEN: SPRING

Plant

March - April

Harvest

July - September

### AUTUMN

Plant

September - November

Harvest

June - August

### WHAT YOU NEED:

Onion seeds/ immature bulbs (faster)

Modules/ Pot/ Large Container

Compost (multi-purpose)

### ENJOY:

Yellow

Stews / Curries

Red

Salads

White

Sauces / Salads

### 1 Seed



If you're growing onions from seed, start them off inside. Sow seeds in propagators, germinating between 10-15°C.

Fill modules with seed compost and add 5/6 seeds per module.

Thin seedlings out to the strongest 3 or 4 seedlings, if needed.

Harden off and transplant outside after 6 weeks.

### 2 Bulb



If you're growing onions from sets (immature bulbs) then plant sets 2 cm deep, every 5-10 cm (2-4") leaving the tip exposed. Make rows 25-30 cm (10-12") apart.

Firm and water the soil.

Keep onions covered, protected from birds, until they properly root.

### 3 Care



Water every 14 days. More in dry spells.

Feed occasionally with liquid plant food.

Keep the area weed free, so the crop isn't swamped. Giving it more room to grow.

Remove any flowering stems immediately. This means the onion has bolted and wasting energy creating seeds rather than swelling.