Shallots

What am I?

Shallots are flavor-building vegetables. They look like small onions, but do not have the same sulfuric taste as an onion. Instead, it is described as being mildly sweet and garlicky. Shallots are typically added to dressings or sauteed in dishes to add extra flavor!

How do I grow?

- Shallots are grown in the grown and grow in cloves, similar to garlic.
- Shallots can be planted in Wisconsin as long as there is no frost. It takes about 60-70 days to grow.

Nutrition Facts

Shallots are rich in fiber, vitamins A, B6, and C. They also contain potassium, folate, manganese, and antioxidants. The antioxidants are released when the shallot is sliced or crushed.

Fun Facts

- Similar to onions, shallots can cause eye irritation when sliced.
- The color of shallots varies from golden brown to rose-red
- In certain Asian cultures, shallots are deep fried and served as condiments

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