



Onion

Planting in the Garden

When to plant: Plant onion seedlings or starts 4 weeks before the last frost date. Push each start, roots down, 4" deep.

Recommended garden type and methods: Direct sow, strawbale, hoop house, field grown, and raised beds.

Spacing: 4" apart

Companion plants: Almost everything, but not peas, beans, sage and asparagus.

Harvesting

1 seedling = 1 onion

Days to Harvest: 70 days from transplant

Directions: When top leaves yellow, bend them down. Loosen the soil around the onions to help them dry. When leaves are brown, carefully dig the onions up with a spade or trowel. Cut the roots off close to the base, trim the tops to 2". Leave to cure on top of the soil for a few days in sun, or in a ventilated area if rainy. Store in a single layer at 40' – 60' in dry conditions.

Use in the Kitchen

Vegetable subgroup: Other

Preparation: Remove the ends (root and top), peel outer layer, slice, dice

Menu Planning Ideas: Sauté or roast with other vegetables to add flavor, raw in salsas and salads

Suggested Flavor Enhancers: Olive oil, garlic, salt



The Lifecycle of Farm to School

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