

# ONIONS

## for the Home Garden and Grower



VARIETIES	HARVEST	COLOUR	STORING	ONION SIZE	FLAVOURS	COMMENTS
<b>ONIONS</b>						
<b>Yellow</b>	Late Summer - Early Fall, before weather cools & ground freezes	Golden yellow skin White rings	Excellent	Large	Full flavour. Tangy & sweet	Most popular variety. Great for cooking. Use raw, cooked, baked or sautéed. Best for caramelizing.
<b>Red</b>		Deep red/purple skin Light red and white rings	Excellent	Large	Nice flavour, not too pungent	Thinner skin than yellow onions. Good for fresh use, grilling, roasting. Use in salads and sandwiches. Great colour!
<b>White</b>		White skin White rings	Excellent	Large	Strong, tangy flavour, sweeter when sautéed	Good for boiling and frying. Use raw, grilled, sautéed. Very little after taste. Most popular in Mexican dishes.
<b>Spanish Sturon</b>		Yellow skin Yellow rings	Excellent	Large	Mild, sweet	Mellow flavour. Good for condiment topping on burgers, sausages, pizza. Great substitute for any recipe with yellow onions.
<b>Multiplier</b>	All Summer	Produces green onions	Store in refrigerator	Small, grows in clumps.	Delicate onion flavour	Harvest and consume as it is ready in your garden! Best for growing green onion tops. Great in salads.
<b>Walla Walla</b>	Green Tops in Early Summer. Harvest bulb Late Summer	Yellow skin Yellow rings	Short storage time.	Enormous	Very sweet	Good for eating fresh or cooked. Great for onion rings.

### SHALLOTS

<b>French Gourmet</b>	Late Summer - Early Fall	Yellow skin	Good	Small	Mild	Aromatic. Good for cooking or frying. Popular in Asian cuisine.
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### When To Grow Onions:

Plant in mid-March to May.

### How To Plant Onion:

The easiest way to grow onions is from sets which are small immature onions that have been heat treated. They can be planted in early spring for harvesting in early summer. You can plant direct into moist soil or give them a start by placing them on a tray of moist soil or peat somewhere warm until the roots have grown about an inch.

Plant the sets so that just the tip is showing, allowing about 5" (13cm) between each, and about 12" (30cm) between the rows. One pound of onion sets should give a finished crop of about 70 lb. Be sure to continually weed your onion garden until harvest.

### Growing/Harvesting Onion:

When the foliage starts to turn straw-coloured, ease the onions from the soil and allow to dry off until the skins are brittle. Hang the onions in nets or traditional strings in a cool, dry place, where they should remain in good condition for at least six months.

### Nutritional Facts:

Onions are high in vitamin C, a good source of fiber, and with only 45 calories per serving, add abundant flavour to a wide variety of food. Onions are sodium, fat, and cholesterol free, and provide a number of other key nutrients.

### Why Do Onions Make You Cry?:

Onions absorb sulfur from the soil, and when they are being cut up, it ends up breaking cells within the onion, releasing certain enzymes. These enzymes react with the sulfur, creating amino acid sulfoxides. And, in turn, create the highly unstable combination of sulfuric acid, sulfur dioxide, and hydrogen sulfide. When this comes in contact with your eye in a gaseous state, it triggers a burning sensation and tears are created trying to flush the irritant out of your eyes.

You can try putting the onion in ice water or the fridge for a while before slicing, or put on a pair of goggles to stop the tears ... or just enjoy having a good cry!