



Salad onions all year round

Salad onions (also known as spring onions or scallions) are slim and long, topped by green hollow leaves – rather like a very thin leek. They come in white and red stemmed varieties, to brighten up a salad. Home grown are crisper and tastier than shop bought.

Often known as ‘spring’ onions, you can also grow this crop in the summer and autumn. They are much quicker to grow than bulb onions and you can grow lots in a relatively small pot. They are best sown every 3 weeks or so for a continued supply.

You eat the whole plant (apart from the roots) at almost any stage. As long as the leaves are fresh and green you can eat the whole plant. The smaller the onion the milder it is. Use them in stir fries and salads.

Pot size – minimum 12cm deep, 15cm across



All spring onion varieties can be grown in pots.

Some to try: *For spring and summer sowing:*

White stem: White Lisbon; Ramrod

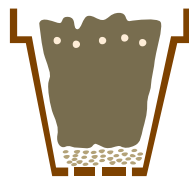
Red stem: Crimson forest; North Holland blood red

Autumn sowing: White Lisbon winter hardy,

Ramrod, De Rebouillon - all white stemmed

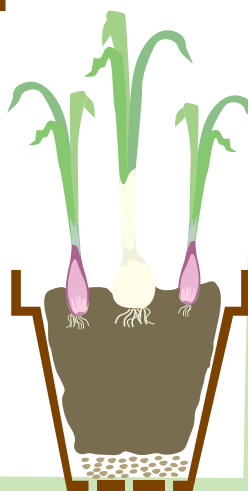
Plant

1. Fill container with moist compost and firm gently.
2. Sprinkle seed evenly over the surface, 1-2cm apart.
3. Cover with a 1cm layer of compost.
4. Water well.



Grow & Eat

1. You can start harvesting salad onions when they are quite small if you want to. Gently remove plants evenly across the pot, to give the rest more room to grow on. You can eat these ‘thinnings’ if they are large enough.
2. Repeat until the plants are about 3-4cm apart and leave these to grow.
3. Water pot before removing any excess seedlings and when compost is getting dry.



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Growing tips

Sow at 2-3 week intervals for continuous supply.

The later the sowing, the slower the growth.

Salad onions can grow slowly over winter if kept in a cool (10C), light, frost free place

Compost to use:

Multipurpose, organic and peat-free.

Watering tips:

Get used to the weight of the pot just after it has been watered.

Then, when it feels noticeably lighter when you pick it up, you will know it's time to water again.

Remember that plants will need less water as growth slows down in cool weather.

Support: : None needed

Protection:

Protect from cold wind and frost

Feeding: : None needed

	Winter		Spring			Summer			Autumn				Winter	
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Nov	Dec
Sow indoors	Spring types					Winter types								
Sow outdoors	Spring types					Winter hardy types							Spring	
Harvest			Spring types						Winter hardy types					
Protect from the cold														