

Onions

The onion we know today has been in cultivation for thousands of years. Ranging in taste from the mild, sweet Vidalia onion to sharp, tangy red onions, and including moderately spicy yellow and white onions, there's a flavor to suit every use. This could be why they rank sixth among the world's leading vegetable crops. Part of the appeal of onions is that they can be stored for months if handled correctly, making them a great pantry staple. Add onions to just about any dish – soups, stews, omelets, and casseroles – or fry them up on their own. Rich in Vitamin C, a cup of raw onion provides 20% of your daily requirement along with a measly 64 calories.

Growing: When/Where to Plant

Plant outside in the garden in late December through February. If using transplants, plant them 1 1/2 inches deep with 3 to 4 plants per foot of row.

Soil Requirements/Fertilizer

Onions prefer well-drained, loamy soil, fairly high in organic matter, with a pH of 6.0 to 6.5. Get a soil test done before planting and follow the recommendations.

Harvesting

Onion bulbs are harvested in May or June, depending on variety. Harvest when 10-20% of the tops have fallen over. Cut the tops off 1 inch from top of the bulb and trim the roots no less than 1/4 inch.

Special Notes

Favorite short-day varieties for our area include Texas Supersweet, a large sweet yellow onion; Grano varieties, available in yellow and red selections; Granex, often grown in Vidalia, GA; and Candy, a white, day neutral variety that can be grown in fall or summer.

MORE RESOURCES AND INFORMATION:

Central NC Planting Calendar for Annual Vegetables, Fruits and Herbs

<https://content.ces.ncsu.edu/central-north-carolina-planting-calendar-for-annual-vegetables-fruits-and-herbs>

NC Extension Gardener Handbook – chapter 16, Vegetable Gardening

<https://content.ces.ncsu.edu/extension-gardener-handbook/16-vegetable-gardening>

Vegetable Gardening: A Beginner's Guide

<https://content.ces.ncsu.edu/home-vegetable-gardening-a-quick-reference-guide>

NC Extension Gardener Plant Toolbox: <https://plants.ces.ncsu.edu/plants/allium-cepa>

LIST COMPILED AND DISTRIBUTED BY NC STATE EXTENSION MASTER GARDENERSM VOLUNTEERS, GUILFORD COUNTY
In Guilford County, contact us with questions: email guilfordmg@gmail.com, or leave a message at 336-641-2404