ONIONS - *Allium cepa*. Sow seeds early in spring as soon as ground can be worked. Cover seed lightly. Keep ground well cultivated, and apply moisture during early growing period. When seedlings are 3 to 4” tall, thin them out so that mature bulbs do not touch one another. When bulbs reach maturity, bend down the tops to hasten ripening of onions for early harvest. Onion varieties have such a fine diversity in growing season and storage quality that it is possible for the home gardener to grow a supply of onions for use throughout the year. The best storing onions will be those started from seed in February or March and transplanted into the garden in spring.

**Planting Recommendations:** Direct sow in spring as early as the ground can be worked and soil temperature is between 50° and 95°. Plant seed ½” deep. When plants are 2” high thin 3” to 4” apart. Sow indoors 8 weeks before last frost in spring. Keep soil temperature 50° to 95° and consistently moist for best germination. Plant in loose, well drained soil that has been enriched with compost or a general purpose garden fertilizer. When the plants are 2” high thin 3” to 4” apart. The greens you thin can be used in cooking or salads. Water moderately on a regular schedule. May also be planted in late summer for an early crop the next spring or summer. Store onions by hanging bulbs in a basket or net bags in cool (50°F), dark, dry location.

**History:** Onions have been in existence for over 5000 years and grew wild in many regions so it is difficult to trace the actual origin of the onion. Many feel it originated in central Asia while other researchers believe onions were first grown in Iran and West Pakistan. Onions grew in Chinese gardens over 5000 years ago, were referenced in writings in India and can be traced to Egyptian 3500 BC. Onions were considered an object of worship representing eternity because of the circling structure of an onion. As such they were buried with the Pharoahs. Dioscorides, the Greek Physician noted in the first century the medicinal uses of onions. The Pilgrims brought onions with them on the Mayflower.

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**Planting Info:**
- **Planting Depth:** 1/2”
- **Germination Temp:** 50°- 95°
- **Days to Germinate:** 5-10
- **Growing Soil Temp:** 55°- 75°
- **Spacing:** 3” to 4”
- **Planting Location:** Full Sun

**Seed Notes:**
- Seeds per ounce: Approx. 7000-8000
- Seeds per gram: Approx. 245-285
- 1.5 gram packet plants 7 to 10 ft.—1/2 oz. plants 50 to 70 ft.

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**ASIAN STYLE COLE SLAW**

6 cups thinly sliced green cabbage (1/2 medium head)
2 cups thinly sliced red cabbage
1 small red bell pepper, diced
1 small yellow or green bell pepper, diced
3 medium carrots, peeled and shredded
4 large green onions, sliced lengthwise and then crossways
1/2 cup chopped fresh cilantro
1/3 cup chopped, roasted peanuts

Prepare the following dressing and add just before serving:
- 1/3 cup rice vinegar
- 1 tablespoon Asian style sesame oil
- 1 tablespoon vegetable oil
- 3 tablespoons soy sauce
- 1 tablespoon sugar
- 2 tablespoons grated peeled fresh ginger
- 1 1/2 tablespoons minced garlic
- 1 jalapeno pepper, deseeded and finely chopped

Mix salad ingredients together in a large bowl. Toss with dressing just before serving. If dressed too far ahead of serving moisture is drawn out of the greens and it loses some of its delightful crunch.