



# SNAP-Ed

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# Growing in Washington Bunching Onions

## Quick Garden Tips

- 1 Bunching onions are called by different names, including green onions, scallions and spring onions.
- 2 Bunching onions can be grown outdoors from seed when the soil temperature is at least 50 degrees F. You can also start seeds indoors about 8 to 10 weeks before your planting date and transplant outdoors.
- 3 Space plants at least 1 inch apart from each other. Water enough to keep the soil evenly moist.
- 4 Keep weeds away from onion plants. Try spreading mulch, such as chopped straw or leaves, around plants to help keep out weeds and hold in moisture.



### Season and Location

☀ Plant in fertile, well-drained soil in full sun or part shade.



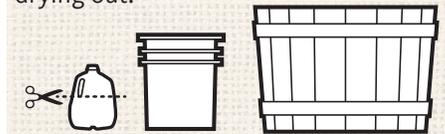
### Container Gardening

☀ Bunching onions grow well in containers.

☀ Choose a container at least 6 inches deep with holes near the bottom for water drainage.

☀ Place container outdoors in full or part sun or indoors near a sunny window.

☀ Water regularly to keep the soil from drying out.



### Key Pests and Diseases

**Pests:** allium leaf miner, cutworms, onion maggots, slugs, thrips

**Disease:** powdery mildew, rust

☀ Leave enough space between plants and keep weeds away.

☀ Do not grow onions in the same soil each year.



Maggot



Slug

Not to scale

## Washington Gardening Calendar for Bunching Onions

Seedling



Transplant



Harvest



Adapted from WSU Extension Publication EM0575E.

## Some Types to Grow

He-shi-ko, Ishikura, White Lisbon

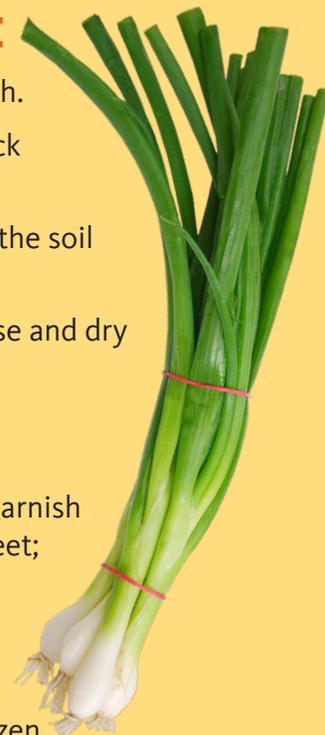


## When and How to Harvest

- ✿ Harvest any time after the plant is 6 inches high.
- ✿ Cut off leaves as desired and they will grow back several times during the growing season.
- ✿ When ready to pull up the entire plant, loosen the soil around the onion with a fork.
- ✿ Remove soil from the roots and trim them. Rinse and dry the onions before using or storing.

## Storage and Cooking

- ✿ Bunching onions are a common ingredient or garnish in many recipes. The green part is mild and sweet; the white part has more onion flavor.
- ✿ Store bunching onions in a plastic bag in your refrigerator for about 1 week.
- ✿ For longer storage, bunching onions can be frozen to use in cooked dishes. Chop, put on a baking sheet and freeze until firm. Move to a labeled freezer container and use within 4 months.



## Veggie Quiche Muffins

**Preparation Time:** 10 minutes

**Cook Time:** 45 minutes

**Makes:** 12 muffins

### Ingredients

- ¾ cup shredded **cheddar cheese**
- 1 cup chopped **onion** (any type)
- 1 cup chopped broccoli
- 1 cup diced **tomato** (fresh)
- 2 cups nonfat or 1% **milk**
- 4 **eggs**
- 1 cup **baking mix** (for biscuits or pancakes)
- 1 teaspoon **Italian seasoning** (or basil and oregano)
- ½ teaspoon **salt**
- ½ teaspoon **pepper**

### Directions

1. Preheat oven to 375 degrees F. Lightly grease 12 muffin cups.
2. Sprinkle the cheese, onion, broccoli and tomato into the muffin cups.
3. Place remaining ingredients in a bowl and mix until smooth. Pour



4. Bake until golden brown or until a knife inserted into center comes out clean, 35 to 40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.

### Notes

Try chopped zucchini or mushrooms as part of the vegetables.  
Use any variety of cheese your family likes.  
Bake in a pie pan instead of muffin cups (baking time will be longer).