

# SFA

*Seeds for Africa*

## Spring Onion

**Plant early. Growing spring onions is easy. They are cold tolerant, so they should be planted in early Spring, a month before the last frost. If planting is staggered, you can enjoy spring onions throughout the growing season.**

**Grow onions in containers. Choose a location. Consider the convenience of growing spring onions in tight spaces. Besides the garden, they are a natural in window boxes, grow boxes, or you can even tuck some sets among potted flowers on the deck or inside the house. Choose a sunny location, well drained, with good organic soil.**

**Plant spring onions from sets or seeds. If you don't mind exchanging additional expense for a more reliable crop, then purchase sets, which are partially grown onions. If sowing from seed, plant one half inch deep in rows about four inches apart. When about two inches high, thin to one inch apart, and be sure to keep weed free.**

**Spring onions enhance flavors. Within a few weeks your spring onions will be ready to enjoy. Pull gently from the soil, and as you use them, plant more for a continuing supply through Spring, into summer. After washing, wrap loosely in plastic wrap and store in the refrigerator for up to one week.**

**Consider the health value of spring onions. All onions offer some protection against heart disease by increasing HDL levels in the blood and lowering more unhealthy LDL levels. Spring onions contain important nutrients and vitamins. One half cup of chopped, green spring onions contains 2,500 IU of Vitamin A; 22.5 mg of Vitamin C; and .9 mg of Iron.**

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