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.

Washington Gardening Calendar for Bunching Onions

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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 mixture over the ingredients in the muffin cups.
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).

The Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans. This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit http://foodhelp.wa.gov or contact the Basic Food Program at 1-877-501-2233. SNAP-Ed is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity employer.