

August 18

Week 3 - Onion Harvest



Lesson Plan #15 and review of last lesson

It is a good time to check on all of your plants! Is there anything that needs to be harvested? A lot of plants will continue to grow and produce ripe vegetables. Make sure to continue picking them!

Check out our [Edible Gardens Books](#) for troubleshooting any pest or growing problems that may be occurring.



Welcome to the fifteenth lesson of the Junior Garden Club! In the last lesson we learned how to harvest and cook with potatoes.



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How to: Harvest and Store

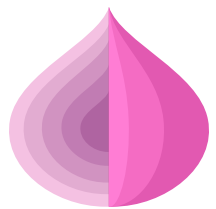
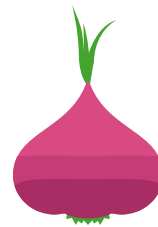
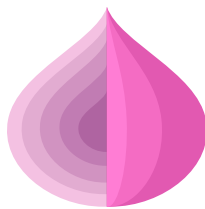
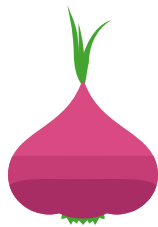
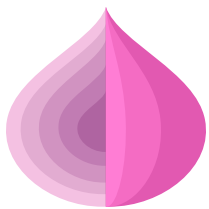
How to: Harvest and Store

Watch this video on how to harvest and store your onions:

<https://www.youtube.com/watch?v=py2kPbSsgmA>

If you plan to eat your onions right away, then they can be harvested at whatever size you desire. Gently pull out of the ground.

As the onion bulbs start to grow, you can begin harvesting individual onions as needed. In late summer or early fall, the leaves on your onion plants will start to flop over. This means that the plant has stopped growing and is ready for harvest. To harvest the onion, gently pull it out of the soil.



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How to Cure Onions

Curing an onion is when you dry it to prepare it for long term storage. It can take up to two weeks to cure them.

To cure your onions:

1. Spread them out in a well ventilated area until the skins become dry and papery.
2. Once the onions are dry, cut off the roots and rub off any loose skins.
3. Cut the stems off, leaving 2-3 inches of stem on the onion if you choose to hang them for storage.

How to Store Onions

Store your onions in a cool, dry place out of sunlight. Make sure to check on them for signs of mold.

You can also store your onions by making an onion string. Follow along with this video:

<https://youtu.be/py2kPbSsgmA?t=140>

1. Cut a length of string to about three to four feet long.
2. Tie the two ends together to make a loop.
3. Hang the loop of string from a hook.
4. Insert the first onions through the centre of the loop.
5. Bend the stem around the back of the string to return it through the loop.
6. Push the onion to the bottom of the loop.
7. Repeat with each additional onion in exactly the same way, pushing it down to lay snugly against the previous onion.
8. Rotate the position of each additional onion so they sit neatly in a spiral.
9. Hang your onion string somewhere cool and dry.



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Spicy Pico de Gallo

Ingredients:

- 1 pound plum tomatoes, seeded and chopped
- 1 cup onion, chopped
- 6 tablespoons (packed) fresh cilantro, chopped
- ¼ cup fresh lime juice
- 2 large garlic cloves, minced
- 1 ¼ tablespoons jalapeño chilies, seeded and minced
- Salt and pepper to taste



Method:

Combine all ingredients in a medium bowl; toss to blend well. Season to taste with salt and pepper. Let stand at least 30 minutes for flavours to develop.



Keep an eye out for next week's lesson plan where you will learn how to continue to harvest the garden!

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References:

The Old Farmer's Almanac — How to Harvest and Store Onions
<https://www.almanac.com/video/how-harvest-and-store-onions>

Gardener's Supply Company — How to Harvest, Cure, and Store Onions
<https://www.gardeners.com/how-to/harvest-cure-store-onions/7366.html>

GrowVeg — How to Harvest and Store Onions
<https://www.youtube.com/watch?v=py2kPbSsgmA>

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