How to...Grow Onions, Shallots & Garlic.



You'll Need: Peat Free Compost, Containers - can reuse pots, Bulb Sets, Water and Labels.



Collect your equipment compost, bulb sets, labels & large pots/tubs.



a number of firm onion or shallot bulbs.



Depending on the size of pot, select Separate garlic into cloves and select a few large, firm cloves to plant.



Fill pots with compost just below the top rim. Label and date.



Press down the flat ends of the bulbs/cloves into the compost, leaving the tips showing.



If you want smaller onions plant them closer together. Give garlic cloves plenty of space.



Water your tubs when needed. Take out any unwanted 'weeds' that compete for the nutrients.



Harvest garlic in the Autumn and leave out to dry in the sun, before storing in a cool place.



Onions and shallots are ready in 12 weeks. Harvest when needed, leave others to lift, dry and store for winter.

Produced by Public Health Nutrition Team, NHS Forth Valley, June 2021. For recipes visit - www.nhsforthvalley.com/nutrition