

Adventures in Gardening

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Onion Sprouts

Simple and Fresh



I was visiting a friend for dinner and she pulled a jar out of the refrigerator with a sprouted onion growing green shoots. She told me she keeps a sprouted onion in the refrigerator all the time so she always has fresh green onions. She chopped a few shoots into tiny rings and ordinary potatoes were transformed into a gourmet dish.

My sprouted onions usually live in the bottom of a basket in a dark closet waiting to be tossed in the bin. One never wants to be out of onions – they go into so many dishes – so the solution is to buy more than one needs. On consideration it seems my friend had the better solution so I decided to give it a try.

I had a purple onion with a bit of sprout and over the course of a few days it transformed into this lovey plant – that was too lovely to live in the dark refrigerator. I changed the water often and it thrived until it didn't. In a couple of weeks, the tall

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green shoots began to brown at the tips while the bases turned yellow. No worries. By that time, I had another sprouted onion ready for its turn in the sun. I peel away as many layers as are not attached to the center sprouts before I plop them in a jar.

I did some research and confirmed that these green tops are edible and a bit more pungent than the scallion greens – but unmistakably that green onion taste that goes well with twice baked potatoes.* It turns out you can also eat the flowers of an onion plant but I will save that for another day.

March may feel like a non-gardening month but there are little projects like these that keep me going until April when it's time to plant some seeds 😊



NOTE OF CAUTION:

*Onions are toxic to dogs. Onions contain a toxic principle known as **N-propyl disulfide**. This compound causes a breakdown of red blood cells, leading to anemia in dogs. The toxin causes oxidative damage to your dog's red blood cells by attaching to the oxygen molecules in your dog's red blood cells. (0.5% of a dog's body weight e.g. 2.5 oz/30 lbs is a toxic dose)*

*Recipe: <https://www.allrecipes.com/recipe/24332/ultimate-twice-baked-potatoes/>

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