



Onion

Did you know?

Fruits and vegetables provide higher yield per unit area compared to staple cereal crops. They can be produced without tractors and ploughing oxen in home-stead simply with hand tools, family labor, and minimum external inputs (without inorganic fertilizer and pesticide). Therefore, fruits and vegetables enable rural households to achieve food and nutrition security from a small plot of land with minimum production inputs. Most vegetables have a shorter growing season compared to major staple cereal crops (sorghum, finger millet, maize, etc.). They can be harvested two to three times per year, which helps mitigate seasonal food shortages.

What about me?

...How do I grow?

...What are my health benefits?

...What is my nutritious value?



How do I grow?

– Facts & Figures



Water requirement:

During the first 3–4 weeks irrigate every 4–5 days, the soil up to 30 cm should keep moist



Fertilizer/compost:

15–20 ton/ha



Day:

20–26 °C

Night:

11–15 °C



Yield/ha:

30–35 tons on farmer lands



Growth period:

80–90 days after transplant

Types of sowing:

direct sowing and transplanting, transplanting is the best

Time of transplanting:

45 days after emerging



Soil type:

light sandy loam soil with pH 6–6.8

Spacing b/n plants:

30x10 cm

Intercropping:

lentil, rape seed, kale and linseed



Fertilizer/vermicompost:

12–15 ton/ha



Altitude for growth:

700–2200 masl = most productive



Seed Rate:

4–6 kg/ha



Date of germination:

6–7 days

Cultivation and weeding:

Onions require at least three cultivation rounds

- 1st round cultivation 15 days after transplant
- 2nd round cultivation 30 days after transplant
- 3rd round 50 days after transplant



What is my nutritious value?

– General Nutrition Guidelines

Vegetables and fruits are rich sources of vitamins, minerals and fiber. Minerals and vitamins help our body fight diseases and function properly. Fiber absorbs harmful chemicals, slows digestion, and improves the absorption of nutrients from food. Some fruits and vegetables are rich in carbohydrates (potato, sweet potato, banana, mango, etc.) and fat (avocado, etc.), which are essential for energy. To the extent possible, one should eat a variety of fruits and vegetables of different colors such as banana, papaya, kale, carrot and tomato every day.

A boiled onion contains per 100g:

- Rich in mineral and fiber
- Source of vitamin B6 and vitamin C
- **Vitamin B6:** good for the conversion of food into energy.
- **Vitamin C:** It helps the body absorb iron and maintain healthy tissue. It is also essential for wound healing.
- Carbohydrates: 20.4g
- Energy: 92.6kcal
- Fat: 0.2g
- Iron (Fe): 1.3mg
- Proteins: 2.3g

Recommended serving per day:

Average population:

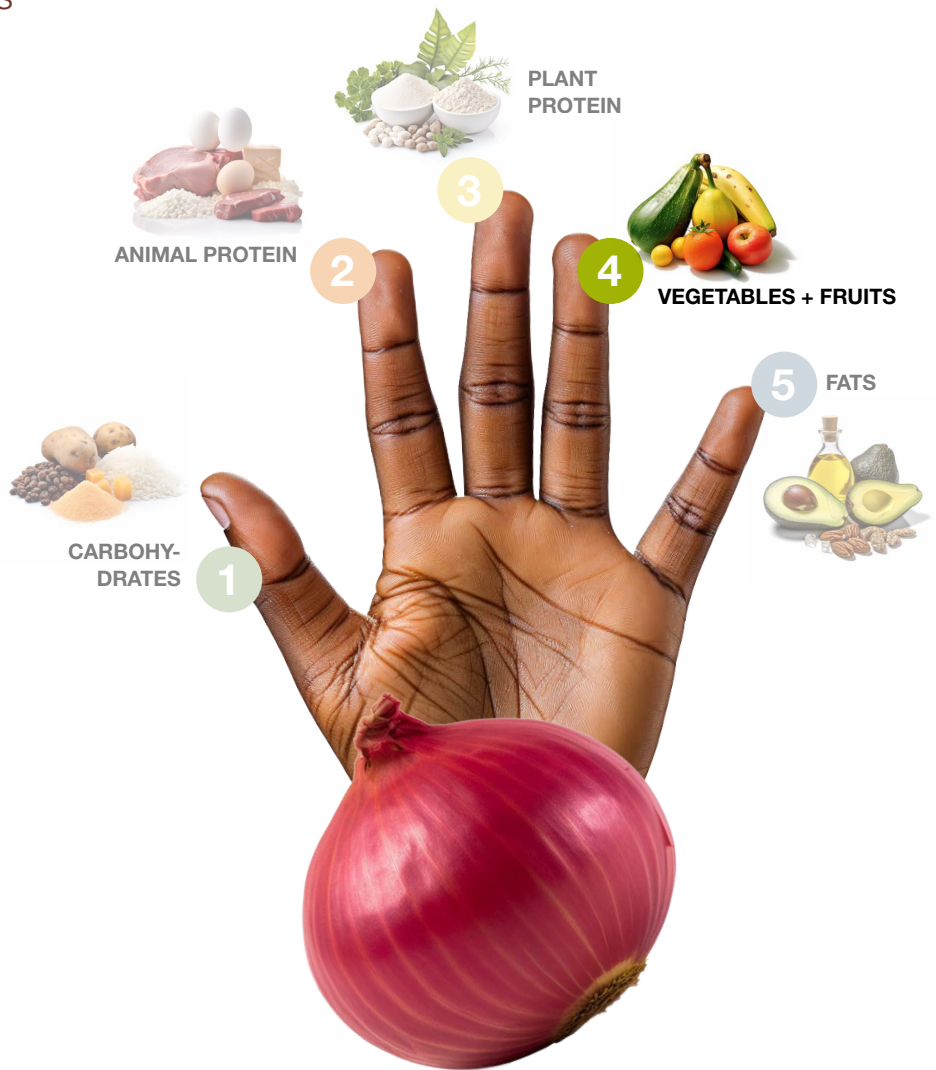
eat ½ onion

Children 2–5 years old:

eat ½ onion

Children 6–18 years old:

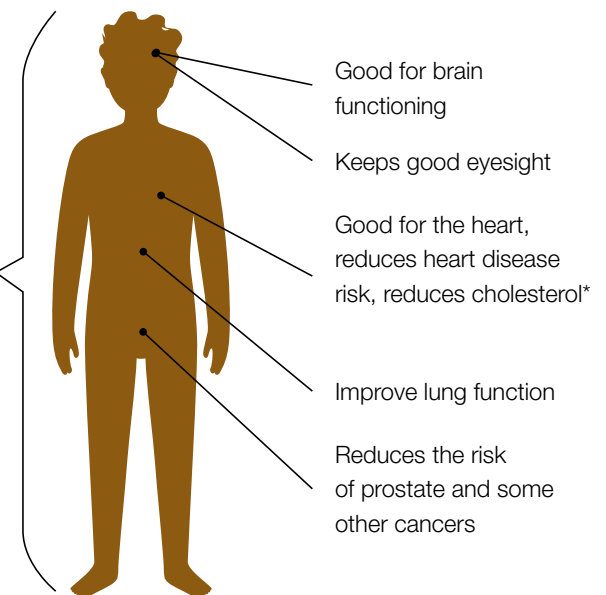
eat 1 onion



Helping maintain healthy bones

Reduces risk of diabetes**

Improve immune system



*Cholesterol is a substance that helps build cells and vitamins but an excess of it is unhealthy.

**Diabetes is a disease characterized too much sugar in the blood, which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves.