



Know What You Grow!



Scallions

Scientific Name: *Allium fistulosum*

A bulb related to onions and garlic with white, light and dark green sections, also referred to as scallions, green onions and bunch onions (*allium cepa*).

Recommended Varieties:

- Scallions 'Parade'
- Evergreen Long White
- Tokyo Long White

Common Pest(s):

Thrips, maggot, downy mildew

Photos: Creative Commons

[The Spruce](#)

[Sonoma Master Gardeners](#)

[IPM](#)

Growing Information

Cool Season Plant

Scallions take up little garden space, so tuck several rows around beds of lettuce, spinach or radishes.

Ideal Planting Window

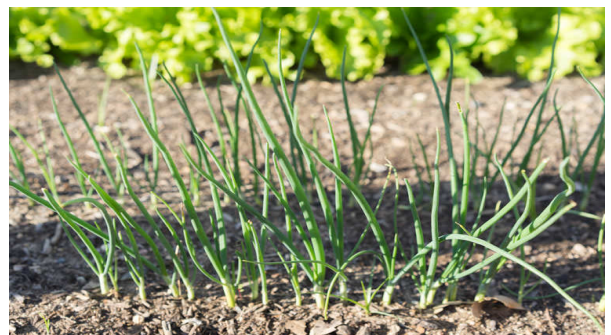
Inland Valley – August - December

Desert – September - January

Growing Guidance

Always plant fresh onion seeds. Sow seeds lightly about 1/4 inch deep in rows spaced 12" or more apart. Keep soil moist to germinate seed. Remove weeds as soon as they appear and thin young seedlings early to prevent overcrowding which can stunt plant growth. The final spacing for bulbs should be 4-6 inches apart. Young plants removed during thinning can be used for scallions.

[The Spruce](#)
[Renee's Garden](#)



Interesting Facts

Scallions (also known as **green onions** or **spring onions** or **sibies**) are vegetables derived from various species in the genus *Allium*. Scallions have a milder taste than most **onions**. Close relatives include **garlic**, **shallot**, **leek**, **chive**, and Chinese onions.

Although the **bulbs** of many *Allium* species are used as food, the defining characteristic of spring onion species is that they lack a fully developed bulb. *Allium* species referred to as spring onions have hollow, tubular green leaves growing directly from the bulb. These leaves are used as a vegetable; they are eaten either raw or cooked. The leaves are often chopped into other dishes, in the manner of onions or garlic.

Scallions may be cooked or used raw as a part of **salads**, **salsas** or Asian recipes. Diced scallions are used in **soup**, noodle and seafood dishes, sandwiches, curries and as part of a stir fry.

In **Mexico** & parts of the Southwest United States, *cebollitas* are scallions that are sprinkled with salt, grilled whole and eaten with cheese and rice. Topped with lime juice, they are typically served as a traditional accompaniment to **asado** dishes.

[Kids Kiddle](#)

Contact Information



RIVERSIDE COUNTY MASTER GARDENERS

EMAIL: anrmgriverside@ucanr.edu

WEBSITE: <https://ucanr.edu/sites/RiversideMG/>

Nutritional Information

Nutritional Value

About 3.5 ounces contain the following: Calories: 32, Water: 89%, Carbs: 7.3 grams, Sugars: 2.3 grams, Protein: 1.8 grams, Fiber: 2.6 grams, Fat: 0.2 grams, Vitamin K: 173% of the Reference Daily Intake (RDI), Vitamin C: 21% of the RDI, Folate: 16% of the RDI

[Healthline](#)

Regrow Your Green Onions:



Prepare:

Use a knife to cut off scallion greens, leaving the roots, and 2 to 3 inches of light green part intact. Save the scallion greens for another use.

Add about 2 inches water to a drinking glass. Place scallion bulbs in water, root end down (top of light green part should be sticking out of water). Put glass in sunny location.

Every day, discard water from glass and replace with fresh water. You should see growth after three days.

Watch your scallions grow! When scallion greens have grown 5-7 inches above the white and light green parts (about 1 week), use a knife to remove new scallion greens, leaving roots, white bulb and 2 to 3 inches light green part intact.

If desired, repeat steps and regrow to harvest scallion greens again. You can regrow a single scallion 2 times.

[Americas Test Kitchen](#)