

"A 2019 REVIEW FOUND THAT QUERCETIN, A COMPOUND IN ONION SKIN, HAD LINKS TO LOWER BLOOD PRESSURE WHEN THE RESEARCHERS EXTRACTED IT AND ADMINISTERED IT AS A SUPPLEMENT."

- MEDICAL NEWS TODAY



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# TECHNO GUIDE ON ORGANIC BULB ONION PRODUCTION

# PRODUCTION MANAGEMENT

## Plowing

Plow the garden/plot.

## Plot Preparation

The measurement of the plot is 1 meter by 10 to 20 meters.

## Digging Holes

Dig holes with a depth of 15cm depth. The distance between each plant is 15cm x 15 cm.

## Application of Organic Fertilizer

Apply organic fertilizer at a rate of 1 kilo per hill.

## Sowing of Bulb Onion

Sow a bulb onion per hill.

## Care and management

- Water the bulb onion plants everyday, preferably early in the morning.
- Apply organic fertilizer every after 15days for seed germination.
- Spray the plants with probiotics (organic pesticide) once a week.



## Harvesting

Harvest time should be done 110-130 days from planting depending on the varieties planted.