

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Shallots

Allium cepa var. *Aggregatum*
syn. *Allium ascallonicum*

There are some 700 species of bulbous biennials and perennials in this genus.

Allium's have been in cultivation since very early times. Their use has been described in works as early as 79 AD.

Allium cepa is divided into 3 main groups, the Cepa group are common onions; the Aggregatum group consist of shallots, ever-ready onions and potato onions; the Proliferum group include the Egyptian Walking Onions (Tree onions) and the Catawissa onions.

Description

Shallots are grown from a bulb which when developed will divide from two to twenty segments. The bulb is covered in a brownish-orange papery skin. Arising from this is the hollow green leaves which can reach a height of 30-40 cm.

PARTS USED

Leaves, Bulbs

PROPERTIES

A pungent herb with anti-bacterial action.

USES OF THE HERB

Culinary

Shallots have a mild nutty flavour. The leaves can be used fresh as a garnish or chopped like chives for use in salads, omelettes, scrambled eggs and similar dishes or used with tomato or cheese in sandwich fillings. The bulbs can also be pickled or used in sauces or butter.

Companion Planting

Grow shallots with cabbage as they are good companion plants but do not grow well near peas and beans.

Medicinal

Like all onions, they have an anti-bacterial properties and can protect against infection.

CULTIVATION

Shallots require a rich, sunny, well-drained soil. Planting is usually done anytime from late Autumn to early Spring as they can withstand very cold winter conditions and extreme frosts. Set at 15 cm apart and bury the bulb to half their height leaving the tops protruding. pH levels 6-7 are desirable so if soil is a little acidic, some lime can be added.

HARVEST

Harvest when leaves begin to wither then spread out on trays and leave in the sun for several days. Once dried the skin will feel dry and papery. They can be stored in a dry, airy place similar to garlic.



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Height 40cm (16in) x
Spread 15cm(6in)

