

I'toi Onion

(*Allium*)

What is it?

- The I'toi onion is a mild shallot-like onion with spicy green leaves
 - Easy to grow and responds to any type of watering
 - Very drought tolerant
 - Mature bulbs are small, but have a high yield

Health Benefits

- I'toi onions are high in essential minerals and beneficial organic compounds



History

- Very similar to the wild onions traditionally harvested on Baboquivary Mountain
- Brought to the Southwest by Spanish missionaries in the late 17th century
- The name I'toi comes from Elder Brother, the creator deity of the Tohono O'odham
- The AjoCSA received onions for the Ajo gardeners first from Frank Martin of Crooked Sky Farms from Phoenix, in 2009 and then again in 2011 and 2012 by Bob Sotomayor of the San Xavier Co-op Farms. These are the seed stocks that were then used for the Adopt-A-Sonoran-Desert Crop Program in 2015



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When to Plant

- These drought resistant and heat tolerant onions can be planted in the spring and allowed to grow over the summer or can be planted with your greens, over the winter provided there is some protection from winter frosts

How to Plant

- Plant these bulbs by creating a tiny hole, just deep enough for the bulb to fit in. Be sure to leave the leaf side pointing out of the ground and bury the bulb just about completely in soil, leaving the narrow end of the bulb just barely sticking out of the soil



How to Harvest

- The spicy greens can be cut and used at any time
- Once the leaves have dried up, or once you've decided they've multiplied enough, pull them up, clean them off, and dry them
- Keep some of the cleaned bulbs in a cool dry place or collect fully-formed seed heads for use in planting in the following season



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