

EDIBLE GARDEN



SPRING ONION

Commonly known as scallion or green onion, spring onion is milder tasting compared to the regular onion but is the preferred ingredient in most Chinese appetisers. Both the green leafy part and the white bulb of the spring onion are edible cooked or raw.

Spring onion has several health benefits as it is an excellent source of Sulphur, allyl sulphide and flavonoids which help fight against enzymes that produce cancer cells. It also lowers blood sugar levels, aids digestion, maintains one's vision and improves overall health.