

SHALLOTS

this fact sheet is for bulb rather than seeded shallots

AT A GLANCE

Latin Name: *Allium cepa* (Dutch Red), *Allium oschaninii* (French Grey), *Allium cepa* (Seeded)

Sun: Full

Life cycle: Annual planted in fall, harvested following summer (though spring planting for summer harvest is possible)

Ease of care: Easy

Direct sow or transplant: Direct sow only

Height: 2'

Container friendly: Unless spring sown, it's not ideal. Container soil tends to be drier and colder than garden soil, increasing shallot susceptibility to winter desiccation. If you do try, just make sure it's at least a 15-gallon container.

TYPES OF SHALLOTS



Bulb: Most shallots are grown from bulb, like our **Dutch Red**. Many of these are *Allium cepa*, the same genus/species as onion, and they are closely related to multiplier onions. For the true shallot seeker, there is only one true shallot and that is *Allium oschaninii*, the **French Grey**, or Griselle. All are easy to grow here in Zone 5 except for the French Greys, which overwinter reliably in Zone 7 or warmer.

Seeded: Some shallots are grown from seed rather than bulb, like our heirloom **Cuisse du Poulet**. For such varieties, follow all growing & curing instructions for onions.

FALL: SOW

Soil: Choose a site with full sun, great drainage and abundant fertility with a ph of 6.2 to 6.4, which is ideal for most garden vegetables.

Fertility Considerations: There is a direct relationship between the fertility shallots receive and the abundance they'll produce, so don't hold back! As you prepare your soil prior to planting, incorporate 2-3" of compost as well as our garlic and shallot fertilizer to surround your shallots with fast- and slow-release nutrients to optimize bulb development.

Sow: The largest, healthiest largest, healthiest seed (rather than culinary) stock bulbs you can source. Organic bulbs grow best in the widest diversity of conditions. We love to share ours at www.fruitionseeds.com! If you're saving your own 'seed,' sow only the largest bulbs — indeed, the ones you want to eat most :)

When: Sowing 2 to 4 weeks after fall frost is ideal; here in Zone 5, we plant late September to early November. Earlier plantings establish robust roots growing abundant bulbs the following summer. Leaves rising above mulch in fall will die back in winter, ready to emerge strong in early spring.

Direct Sow/Transplant: Direct sow only

Spacing in Row: 8" between plants

Spacing Between Rows: 8" between plants

Depth: 3" deep with 1" mulch or less; mulch, 1" deep with 6" mulch. Sow cold-sensitive elephant garlic with 6" of mulch to bolster its hardiness.

Mulch: We recommend seed-free, organic straw from oats and wheat, if you can find it! Hay often has weeds.

Alfalfa and grass clippings are the most nutritive mulches; deciduous leaves sent through a chipper-shredder are also ideal. If it's not about to rain, water the mulch well so it won't blow away.

Companion Planting: Interplant single spinach transplants between garlic in fall or early spring. Interplanting cool season lettuce transplants (Winter Density is our favorite!) in spring is a great choice as well; just be sure to harvest your greens once they are within 3" of overlapping your garlic foliage to prevent crowding and subsequent stress.

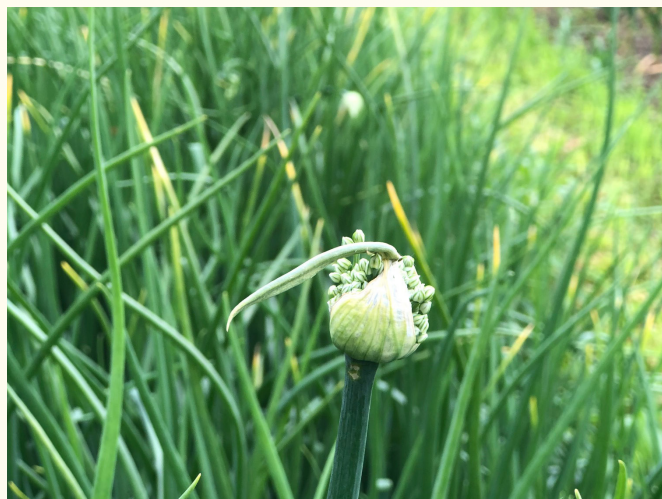
SPRING: CULTIVATE

Weed: Keep shallots well-weeded. Mulching early and often is our strategy!

Pests & Disease: Few pest insects & diseases affect garlic, especially if you've planted seed rather than culinary stock.

Feed: Foliar feed or root drench with compost tea or dilute fish emulsion each week until July for optimal health & harvest. Side-dress with compost or our garlic and shallot fertilizer in April, May and June to boost health and abundance, as well.

Flowering: Not all shallots flower and those that do, simply leave them! Your harvest won't suffer and your pollinators will delight.



SUMMER: HARVEST



When to Harvest: As shallots mature, their stalks soften and fall over just above the base, typically mid to late July. If shallots are sown at too wide of spacing, their stalks, bulb and all, will lay flat on the ground well before they're ready to harvest. If this happens, simply leave them until stalks soften and bulb wrappers become papery.

How to Harvest: When the soil is relatively dry, lift shallots gently with your hands, shaking all loose soil free to remain in your garden. We love to clip the roots immediately, when they're easiest to cut, leaving them to build your garden soil, as well.

❧ SUMMER: CURE ❧

Key Curing Conditions: Shallots cure quickest in warm, dry places with plenty of airflow. Indirect to low light helps shallots cure both quickly and evenly.

How to Cure: Lay shallots flat on a screen or slatted boards with minimal leaf overlap. Fans are an easy way to increase airflow, wicking away humidity from your curing bulbs.

How Long: In warm, dry conditions, curing may take 3 to 4 weeks though here in the humid Northeast, it often takes 5 weeks or more.

When Have Shallots Cured? Once stalks are completely crisp and dry your shallots will store through the following spring. A full cure is not required for fall-sown shallots or shallots you intend to eat before winter; just be sure to store them with ample airflow.

❧ SUMMER & BEYOND: STORAGE ❧

How to Store: Clip roots back fully; clip necks back to 1/2" above the bulb, so bulbs are fully enclosed within wrappers.

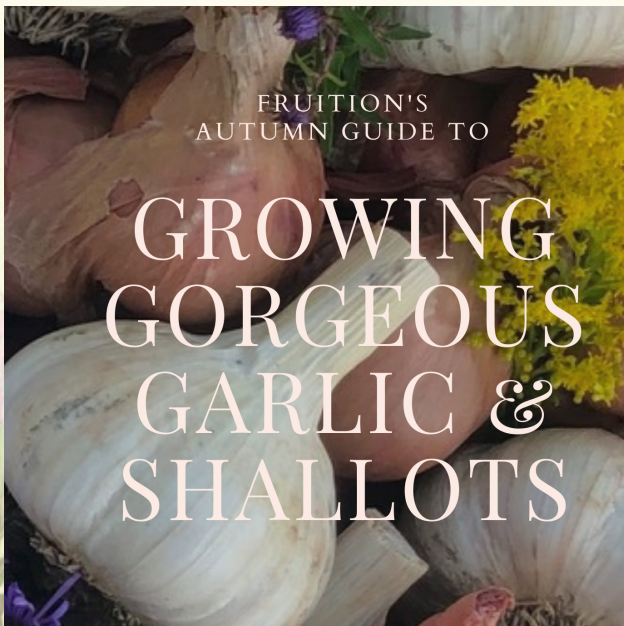
Where to Store: Anywhere dark or with low, indirect light & warm (between 55 and 68 F is ideal) with less than 50% humidity and good airflow. An open colander on your kitchen counter is surprisingly effective.

How Long Will Shallot Store? Bulb-grown shallots like Dutch Reds will last over one year when grown, cured and stored well. French Greys store only about 3 months. Seeded shallots will often store through April of the following year.

❧ SEED SAVING ❧

For the most abundant harvests, sow the cloves of the largest, healthiest bulbs you can source. Organic bulbs grow best in the widest diversity of conditions. We love to share ours at www.fruitionseeds.com! If you're saving your own 'seed,' sow only the largest bulbs --- indeed, the ones you want to eat most :)

❧ ENJOY OUR ORGANIC GARLIC & SHALLOT ACADEMY ❧



Fruition's Academy shares a lifetime of learning with video tutorials surrounding you with insight whether this is your 1st or 50th season growing. You'll have lifetime access to the course, amplifying your abundance well beyond your garden and I cannot wait to join you on the journey! Join us at www.fruitionseeds.com under online courses.

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2 Easy Ways to Boost Your Garlic & Shallot Harvest this June

Secrets to Storing Garlic & Shallots

WWW.FRUICTIONSEEDS.COM

OUR VARIETIES



ORGANIC DUTCH RED SHALLOT BULB

Shallots are known for their sweetness, especially compared to their pungent botanical cousin, the onion. Dutch Reds are sweet indeed and such a treat to enjoy all winter long. And prolific: In mediocre soils, you'll harvest 10 bulbs for every 1 you plant. We harvest 20+ bulbs for every 1 we plant in our rich soil amended with our organic garlic & shallot fertilizer! Even spring-planted, they're often 80% as abundant as fall-sown shallots, so don't hesitate if you thought you missed the window :)



ORGANIC CUISSE DU POULET DU POITOU SHALLOT SEED

These long, tapered & exceptionally sweet shallots are prized in France as well as the home of Patrice Fortier, Quebecois farmer/seed saver/muse, who pressed these seeds into our hands with passion electric in 2014. We've been saving them since, enraptured by their lovely length (they are such a pleasure to prepare in the kitchen) as well as their savory sweetness that deepens as they store, all winter long, in our cellar.

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