

All about B.C.

Onions and Garlic

Onions are commercially grown in the **Okanagan Valley**, **Fraser Valley**, and on **Vancouver Island**. In 2022, B.C. produced over 5 million kg of dry onions and over 200 thousand kg of garlic!

Did you know? Onions can help support healthy **blood flow**, and garlic helps your immune system **prevent and fight disease**.

Did you know? A garlic bulb is made up of smaller pieces called **cloves** — with around 6 to 12 in each bulb. You can plant a clove in the fall, and it will grow into a full bulb by the next summer.



Onions and garlic are both part of the **Allium family**, which also includes leeks, chives, and shallots. Many Alliums are known for their **aromatic flavours**.



Justin grows many types of onions on 3 acres of his 27.5 acre farm including large yellow and red onions, shallots, and Cipollini onions. Cipollini onions have a small disk-shape and a naturally sweet taste that makes them **perfect for caramelizing**.

Justin also grows **Red Russian garlic**, easy to spot thanks to its red-purple colour.



“My favourite part of my job, working a medium sized organic farm, is that I **wear a lot of hats** – I like the diversity of the job. One day I’m doing HR, the next day I’m sitting on a tractor, dealing with customers, and filling orders. Then in the winter, I switch hats completely and I’m more of a mechanic.”

– Justin, onions and garlic farmer, Surrey, B.C.



Farmer Justin lives in Surrey, where the Tsawwassen, Katzie, Semiahmoo, Kwantlen, **ᑭᓂᓐᓂᓐᓂᓐ** (Stó:lō), Cayuse, Umatilla, and Walla Walla people speak **Hul’q’umi’num’/ Halq’eméylem/ hə́h̓qəmi̓h̓ə́m**.

The word for onion in Hul’q’umi’num is **ᑭᓂᓐᓂᓐᓂᓐ** and in Halq’eméylem it is **éliyels**.

Surrey rests upon the homelands and unceded territory of the *s̓c̓əwaθənaʔ təməxʷ* (Tsawwassen), *s̓q̓əciyaʔ təməxʷ* (Katzie), Semiahmoo, Kwantlen, *Á,LENENEŁ ŁTE* (**ᑭᓂᓐᓂᓐᓂᓐ**), Cayuse, Umatilla and Walla Walla, and *S’ólh Téméxw* (**Stó:lō**) people.