

ALLIUM SPECIES

DECEMBER - 2021

Did you know?

- Alliums are a member of the onion family. Their name means 'garlic' in Latin.
- Edible alliums include onions, shallots, leeks, garlic, and chives.
- Allium species are characterised by pungent linear leaves and flowers with six petals.
- The colours of the allium flowers range from deep purple and blues to whites and greens.
- These versatile vegetables are high in beneficial sulfur compounds, giving them their distinctive flavor and aroma.
- Their antioxidant, antiviral, and antibacterial properties prevent blood clots; they are anti-inflammatory, immune-boosting, and potentially anti-ageing.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

