

Growing onions in a glass of water can both decorate and help reduce stress, prevent the flu

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What is the use of growing onions in a glass of water?

Onions contain powerful antioxidants such as allicin, which have strong antibacterial properties, which can kill infectious bacteria, including E. coli and Salmonella.

If you grow onions in the office, at home, the antioxidants from the onions will help keep the air fresher and help family members to improve their resistance, prevent the flu, and stuffy nose. .

Onions planted in a glass of water are very beautiful, can make decorations for the workspace, the house more lively.

Instructions on how to grow onions in a glass of flu water

Prepare

1. Fresh onions have roots.
2. Cups, glasses or any other small items that can hold water.
3. Note that the mouth of the cup should fit the size of the onion and should use a glass, a glass cup to see the roots, which will look better.



How to plant and care for onions

Put the water in the cup -> then place the onion on the top of the cup so that the roots are submerged in water about 1cm.

Place the onions in a well-lit place. This will help the onion quickly grow leaves and roots.

About 3-4 days you change the water once for plants.

After the onion has grown long roots, you can peel off the outer skin to reveal the white inner part, using a pen to draw a smiley face to look better.



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