

# How to grow onions in a glass of water is both decorative and helps reduce stress

Growing onions in a glass of water and placing them in your home or office desk not only helps decorate but also helps increase resistance and effectively prevent flu.

Growing onions in a cup of water not only helps keep indoor air fresher but is also an extremely beautiful decorative object. This is what makes growing onions a trend that many people are doing. Let's learn about the effects and how to grow onions in a glass of water in the article below.

## Effects of onions

Onions are vegetables that contain more than 25 different types of flavonoid antioxidants and some phytoncides such as allicin, which has strong antibacterial properties and can kill infectious bacteria such as E. coli and E. coli. Salmonella.

When growing onions indoors, antioxidants from onions will help keep the atmosphere in the office, living room, and bedroom fresh.

Onions grown in a glass of water have a very beautiful shape, both cooling the indoor space and making beautiful decorations, helping you relieve stress effectively.

In addition to growing onions in a glass of water to beautify and reduce stress, you can place onions in your room to prevent colds. Take a large onion, peel off the outer layer, leaving behind a pure white skin. Cut a corner off the top of the onion and place it on a plate or bowl, no need to add water.

Onion molecules will spread into the air, killing bacteria, helping to increase resistance, and prevent flu. When the onions are wilted or don't look pretty anymore, replace them with another one.

With the great benefits above, why hesitate any longer? Go to the market to buy onions and follow the above method or plant them in a glass of water.

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

### Prepare

1. The onion is fresh and has roots.
2. Cup, glass or any small, pretty object that can hold water.
3. Note that the mouth of the cup must fit the size of the onion and you should use a glass or glass cup to see the roots, it will look more beautiful.



## **How to plant and care for onions**

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

Place the onion growing cup in a place with plenty of light. This will help the onion quickly grow leaves and roots.

About every 3 - 4 days, change the water once for the plant.

After the onion has grown long roots, you can peel off the outer layer to reveal the white inner skin, and use a pen to draw a smiley face to make it look more beautiful.



We have tested the above formula and successfully grown many onion babies in a glass of water. Here is the result:



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