



PO Box 218, Half Moon Bay, CA 94019  
Phone: 650 726 4980 - Fax: 650 726 2991  
Email: [theheirloomseedstore@gmail.com](mailto:theheirloomseedstore@gmail.com)

## **GROWING INSTRUCTIONS FOR FENUGREEK**

FENUGREEK or 'Methi' is native to Southwest Asia and widely cultivated for its medicinal and culinary uses. It is an all purpose plant. Seeds are used as spice, dried leaves as herb and fresh small leaves as vegetable. It tastes like spinach or even better

**Growing fenugreek** is easy, whether you live in a sub tropical or tropical part of the world or in temperate or colder part. It can be grown both on grounds or in containers. You can also grow it on windowsills in small pots, on a balcony or terrace.

Create Fenugreek bed with cilantro or grow it alone. You can cultivate it from seeds. It's easy even for beginners. Sow seeds ¼ inches deep in a good potting mix or soil. Remember, fenugreek hates to be transplanted. Leave 2 inches of space for each plant while sowing seeds. They'll sprout quickly and you'll see seedlings just within 2 – 4 days.

Fenugreek prefers neutral soil with pH level around 6 – 7. Plant it in a spot that receives at least 4 hours of sun with shade in afternoon. Do regular watering, let the soil dry out between watering sessions and care not to over-water the plant to save it from root rot. Fenugreek does not require fertilizer however, you can mix manure or compost in soil while planting.

You can grow fenugreek in containers. It's similar to cilantro or parsley. Take a shallow wide planter at least 6 inches deep (fenugreek has shallow roots) with good drainage. Fill it with good potting mix. You can use compost, sand and soil too. Sprinkle seeds all over it and add a thin quarter inch layer of soil over them.

Fenugreek grows well in warm and hot climate, when temperature ranges from 50 to 90 F (10 C to 32 C). If you're planting it for seeds, grow it in spring. If you're cultivating it to use as a vegetable or herb then you can plant it anytime between spring to mid fall. If you live in zone 9 – 11, you can grow fenugreek year round.