



Gardening 101

Tips on sowing, harvesting and maintaining organically

Step 1



Pour soil mix into the grow bag, up to the brim, and give it a good shake

Soil mix is a combination of:

Compost:soil:coco peat :: 2:1:1
+
a handful of oil pellets



Soil

Compost

Loosened cocopeat



Oil pellets have neem, honge/Indian beech and castor in them. They protect the plants from diseases as well as provide nutrients required for the growth of the plants

Step 2

Sow seeds

The ones shown here are commonly grown in our country and easy to grow

A few guidelines and helpful hints before you get started...

- Fill the pot or grow bag up to the brim – eventually the level goes down as you water it
- Thumb rule for sowing (if there are no instructions on the seed packet) is the depth of sowing should be twice the size of the seed
- Some 'tough' seeds like edamame beans should be soaked for a few hours to increase their chances of germination
- Always allow enough spacing between seeds/saplings but always plant more than necessary in case some seeds don't germinate. You can thin them(remove excess saplings) later
- If you are transplanting saplings allow for at least four 'true' leaves to appear (this excludes the first set of 'leaves' called cotyledons or seed leaves)
- Seeds germinate when there is moisture so don't let your seeds go dry
- Keep the grow bags in a sheltered area until they grow into saplings
- You may use starter tray to sow seeds indoors and transplant them when the saplings are ready for grow bags



Spinach...easiest greens to grow!



- This grow bag supports approximately 4 seeds
- Sow more seeds for redundancy and thin them later
- Spacing between seeds 4 inches
- Depth – twice the size of the seed
- Place the seeds on soil and gently push them
- Cover up (don't pack it tightly), label and water with a sprinkler
- Water every day
- Time to germinate 1 week
- Spinach is multi harvest so don't pull out the entire plant with roots. Just pick the leaves and allow for more leaves to grow, multiple times

Note: you can also grow them closely together and harvest early for plenty of baby spinach. I personally like this option better. Or even as micro greens.

Bush beans...fun to watch them germinate!



- This grow bag supports 1 plant/seed
- Sow 3 seeds and transplant 2 when the saplings have at least 4 'true' leaves
- Depth 1 inch
- Place the seeds on soil and gently push them down by an inch
- Cover up (don't pack it tightly), label and water with a sprinkler
- Water every day and do not let the seeds go dry
- Time to germinate 1 week
- The plant will require some support as it grows bigger
- Harvest beans while they are still tender

Radish...one of the easiest root vegetables to grow!



- This grow bag supports 1 plant/seed
- Sow more seeds and thin later – use the leaves in cooking
- Depth – twice the size of the seed
- Place the seeds on soil and gently push them
- Cover up (don't pack it tightly), label and water with a sprinkler
- Water every day – needs full sun
- It takes several weeks from sowing to harvesting. Harvest when you see the radish come off the top of soil and is approximately an inch in diameter
- Use radish leaves as well – they are rich in Vitamin A, B and C, potassium, calcium, folic acid...

Note: you can also grow them closely together for micro greens

Marigold – a natural pest repellent!



- Marigold is a must in any organic vegetable garden:
 - they add cheer
 - attract beneficial insects like lady bugs
 - repel harmful nematodes
 - Act as companion plants for several vegetables
- This grow bag supports 1 plant/seed
- Sow more seeds and transplant the rest when the seedlings grow to a height of 4-5 inches
- Place the seeds on soil and cover up lightly
- Label and water with a sprinkler
- Water every day and do not let the seeds go dry

Basil...an amazing Italian herb!



- This grow bag supports 1 plant/seed
- Sow several seeds, allow for one to stay and transplant the rest when the saplings have at least 4 'true' leaves
- Place the seeds on soil and cover up lightly
- Label and water with a sprinkler
- Water every day and do not let the seeds go dry
- They grow quickly, ready to be harvested within 4 weeks from the date of sowing
- They love direct sunlight
- Pruning the branches allows for more branches to grow for a bushier plant
- Allow for seeds to completely dry up on the plant before you harvest

Kohlrabi...the most versatile vegetable ever!



- This grow bag supports 1 plant/seed
- Sow a few seeds in this grow bag , allow for one healthy sapling to remain and remove the rest. Use the nutrient-rich edible leaves like other greens
- Depth – twice the size of the seed. Always!
- Place the seeds on soil and gently push them
- Cover up (don't pack it tightly), label and water with a sprinkler
- Water every day and do not let the seeds go dry
- They are cool weather crops
- Harvest when the stem globes are 2-3 inches in diameter

I'm a big fan of this vegetable. We call it knol kol in Karnataka. I prefer to eat it raw with salad

Dill – delicate aromatic feathery leaves used in soups and stews



- This grow bag supports 1 seed/plant
- Sow more than 1 seed in case it doesn't't germinate
- Label and water with a sprinkler
- Water every day and do not let the seeds go dry
- Saplings will appear in 2 weeks' time
- Wait for two more weeks before you retain 1 plant and transplant or use up the rest
- You can start harvesting leaves as soon as 4 to 5 leaves appear
- Allow for seeds to dry on the plant before harvesting

Organic pest control



- Use the neem oil every 10 days
- Dilute with water 5 ml to a liter and add ½ tsp soap berry powder / reetha powder
- Spray early morning or evening
- Spray on stems and on foliage
- Shake the bottle well and dilute before using

Immunity booster and growth promoter - Panchagavya



- Panchagavya is a fabulous organic growth promoter
- consists of almost all macro and micro nutrients for plant growth, health and yield
- Enhances quality and taste of produce

Here's how to use

- Use DILUTED panchagavya once every 10 days for all plants
- Can spray on foliage (watch out – gives out very strong odor) or directly on soil
- Dilution- Panchagavya : water :: 10 ml : 1 liter
- Store in a cool dry place

Ingredients



Cow milk



Cow urine



Ghee/clarified
butter



Cow curd



Cow dung



Tender coconut



Banana



Jaggery



Water

Microgreens



- They are powerhouses of nutrients
- Quick and easy to grow
- Do not require any garden space or pots or potting mix...or even the gardening know how!
- ...and you harvest them before the pests get a chance to attack so you don't need to know about pest control either...!

Here's how to grow...

- Take a shallow container
- Bore holes in the bottom for excess water to flow out
- Fill it with coco peat
- Take a handful of seeds and sprinkle ...they should be close together
- Water every day
- At least a couple of hours of Sun light is essential – I keep mine in full Sun like any other plant
- Harvest when the seedling's about an inch tall by chopping with a pair of scissors
- It's the seed cover/cotyledon that's consumed – high in nutrients