



Here's  
how  
to use  
the kit

# 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, red soil and coco peat in the ratio of 2:1:1  
+  
a handful of oil pellets



*Soil*

*Loosened cocopeat*

*Compost*



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

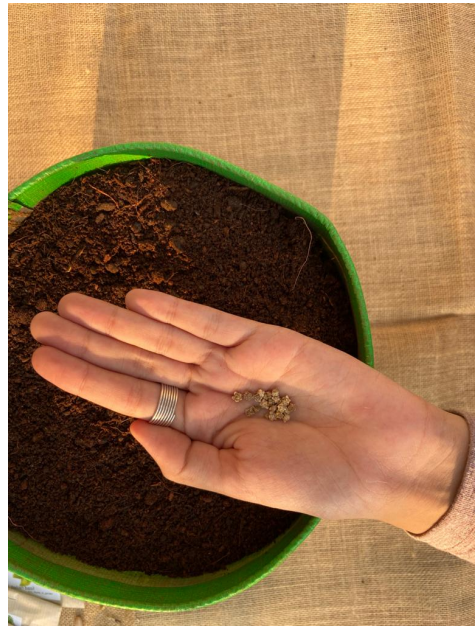
Pick any one seed packet from the pouch and sow in the grow bag

### 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 ½ inch
- 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
- 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
- Enjoy fresh, homegrown, organic spinach!

# 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 1/2 inch
- 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
- 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...

# 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 1/2 inch
- Place the seeds on soil and gently push them by ½ 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
- They are cool weather crops
- Harvest when the stem globes are 2-3 inches in diameter

# Dill – delicate aromatic feathery leaves used in soups and stews



- This grow bag supports 1 seed/plant
- Sow seeds  $\frac{1}{4}$  inch deep. Sow more than 1 seed in case it doesn'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
- Spray early morning or evening
- Spray on stems and on foliage
- Soap berry powder that's been added in neem oil helps keep certain kinds of pests
- 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

## Ingredients

### 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



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...!

Your microgreen kit contains detailed instructions on how to grow them. It is a fun activity! Enjoy!

# Sources for purchasing

## Seeds and grow bags

[www.ugao.com/buy-seeds-online-india.html](http://www.ugao.com/buy-seeds-online-india.html)

[www.organicgarten.com](http://www.organicgarten.com)

## Coco peat, compost, neem cakes / pellets, neem oil

[www.nurserylive.com](http://www.nurserylive.com)

## Panchagavya

[seed2plant.in](http://seed2plant.in)

## Gardening tools

[seed2plant.in](http://seed2plant.in)

[www.nurserylive.com](http://www.nurserylive.com)

For soil, try your local nurseries. Its also possible to grow without soil. Try it. However, some amount of soil is required for binding, especially for plants with delicate roots like coriander, methi / fenugreek...

The links to the above listed sites are provided in the section below

If you'd like to learn more about gardening, join me in one of my on-line workshops 'It's thyme to garden' scheduled periodically through the year. You can sign-up by using the link on the website or emailing me at [anu@itsthymetogarden.in](mailto:anu@itsthymetogarden.in)