



BURHANI  
FOUNDATION  
ESTD. 1992



# Kitchen Gardening guide





## **Kitchen gardening is gaining unmatched popularity and for all the right reasons. If you want to grow your own food too, here's what you need to know!**

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In today's scenario, where chemicals adulterate fruits and vegetables, the kitchen garden is the best solution for healthy fruits and vegetables. It's a hobby that gives you immense joy and is the best thing to cut your kitchen expenses.

For an outdoor kitchen garden, choose a place that receives abundant sunlight, such as your building terrace. Indoor kitchen gardens are the best option in cities, where space is lacking. You can grow plants inside your house on the windowsill. Having a kitchen garden in your home is fun and looks beautiful. All you need to keep you started is any medium-sized container, big water bottles, tyres, gunny bags, etc.





## **This is how you stand to gain by growing your own kitchen garden!**

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1) Clean air: Your balcony, terrace or courtyard can become your green lungs amidst the dust and dirt around you. The more you plant, the more fresh air with good oxygen you get.



2) Herbs detox: Herbs are quite essential in our food which helps in detoxifying and healing properties in our body.

3) Organic vegetables: Growing own fruits and vegetables can offer the opportunity to reduce the amount of pesticides that are used commercially, making them healthier.

4) Cheap and easy: Kitchen gardens can help you grow things at home and bring down the need to buy from the market, hence, save money on food purchase.

5) Recycle and use: You can recycle vegetables in your kitchen garden. For example, you can collect your unwanted vegetables and make compost for it and use it again for compost, growing new vegetables and herbs.





# Here are the basic steps to a Kitchen Garden



## Step - 1

**Assess the sunlight** - The most important ingredient for growing edible plants is sunlight. Each plant is a mini factory that converts solar energy into nutrition for us through its leaves and fruits. Remember that the spot best suited for growing veggies is the one that gets sunlight for the longest duration.

## Step - 2

**Choose your pots** - Choose as per your interest and most importantly as per the space that you have chosen to start your kitchen garden in. You can get pots to mount on walls or to hang as window boxes. Remember to ensure that you do not sow too many seeds in one pot. Start with only a few.

## Step - 3

**Carefully choose what to grow** - The sun should be your guide when it comes to choosing what you grow. Herbs need just 2 to 4 hours of direct sunlight and vegetables need at least 4 to 6 hours of the good stuff. Keep that in mind coupled with your personal preference.





## Step - 4

**Get the right soil** - Potting mix, which is a mixture of soil, compost (organic fertilizer) and cocopeat (coconut husk), is the most suitable option. Cocopeat also helps keep your roots moist. You can also add river or construction sand for better drainage.

## Step - 5

**Get seeds and saplings** - You have chosen your spot, prepared your containers with potting mix and now you are ready to start growing. The best source of seeds and sapling is again your friendly neighbourhood gardening enthusiasts.

## Step - 6

**Watch your food grow** - Once you have sown the seeds and saplings, look at your plants daily. Miraculously, they will start sprouting and will become tiny plants one fine day. Remember to interact with your plant daily and let the wonders of nature overwhelm you.

## Step - 7

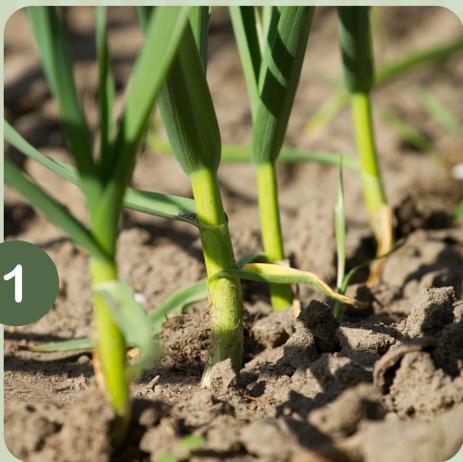
**Enjoy your kitchen garden and keep learning** - The more you try to grow food, the more you will learn. Once you start growing stuff, you will understand the miracle of nature that you have been missing out on.



# Kitchen garden plants



This brochure provides detailed plantation techniques for a few kitchen garden plants. Plant and nurture our new friend and get closer to nature, keeping track of its health and growth.



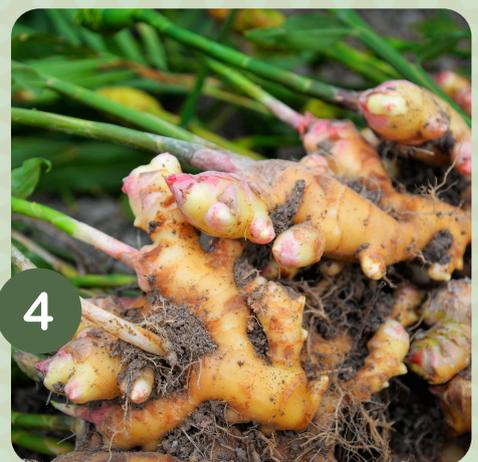
**GARLIC**



**CORIANDER**



**LADY FINGERS**



**GINGER**



**SPINACH**



**MINT**



**SCALLIONS**

# Detailed plantation techniques

## 01 Garlic



National Garlic Day is celebrated annually on April 19. This day is about the awareness of the many uses of garlic, known as nature's wonder drug.

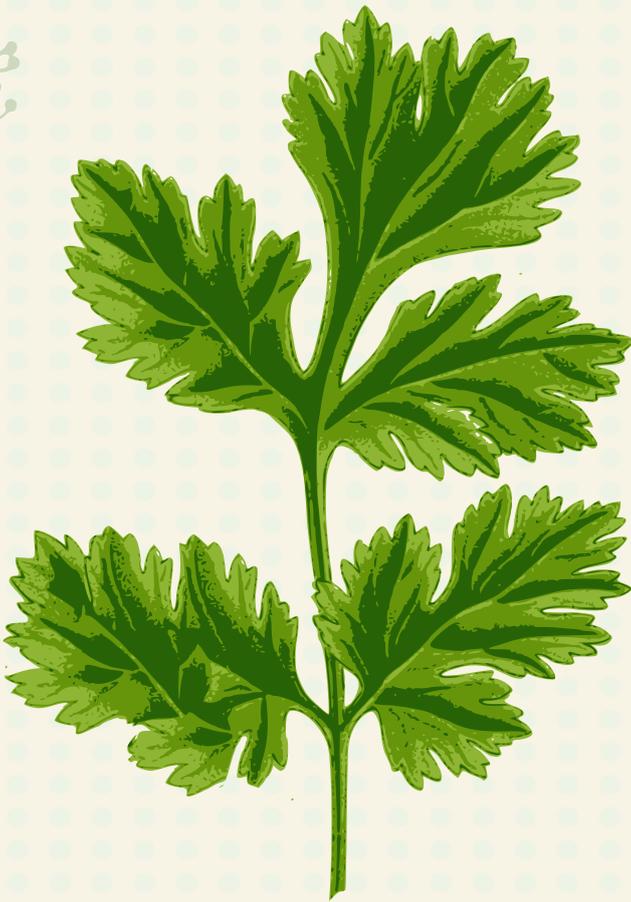
Garlic grows 40-60 cm / 15-24 inches high depending on the variety, and although you may not get as large bulbs in a pot, they are most definitely worth growing. Pot depth should be at least 5cm/6in. All you have to do is to fill a container with compost. Then dig holes about 2.5 inches deep into the compost, and make five to six holes per container. Water every two to three days, depending how damp the compost is.

Your garlic is ready to be harvested when you see the green stems; turn brown or yellow and dry out. Do not wait any longer, as the clove will shatter into individual cloves. To harvest, gently loosen the soil around the garlic and gently pull the garlic from the ground. Brush away any dirt from the clove and leave your garlic to dry for a few days.

# Detailed plantation techniques

## 02

### Coriander



Coriander is an annual plant, which means that it completes its life cycle in one year.

Coriander also named as Cilantro is usually grown with seeds in shallow pots. Soil should be well-drained and rich in organic matter.

Before sowing, the full seeds of coriander are broken in half by rubbing the seeds in the palms of your hands to facilitate faster germination. Sow the seeds at a distance of 30 cms between rows and 10 cms between plants.

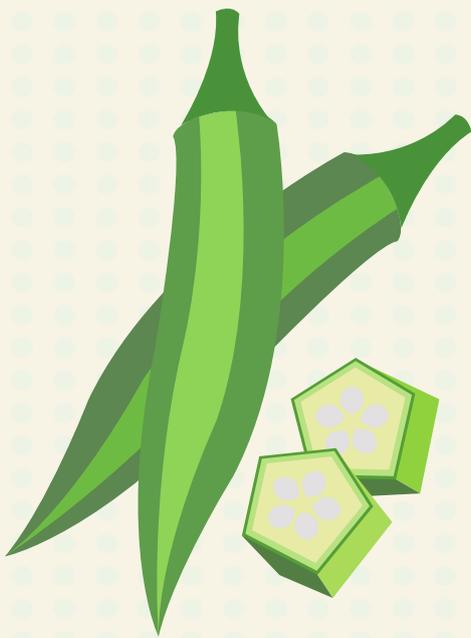
It requires adequate moisture, not excess. Keep in semi-shade till germination and gradually expose to sunlight for one week and always keep in sunlight. Harvesting is done in about 20-25 days of sowing by entirely uprooting the plant or cutting it with scissors.

It can also be grown using scraps, but the chances of growth and survival are very low. Therefore it is recommended to plant using seeds.

# Detailed plantation techniques

## 03

### Lady finger



When storing Lady finger (okra) for later use, never wash it as the moisture will cause it to become slimy. Instead, put in a paper bag and refrigerate.

An annual plant grows well in long warm season. Sow directly, no transplanting, in rows at 30 cms between plants and 60 cms between rows. Water gently; it requires enough moisture throughout. First harvest after 45 days of sowing. Pods are picked at 2-3 days intervals for two months or more.

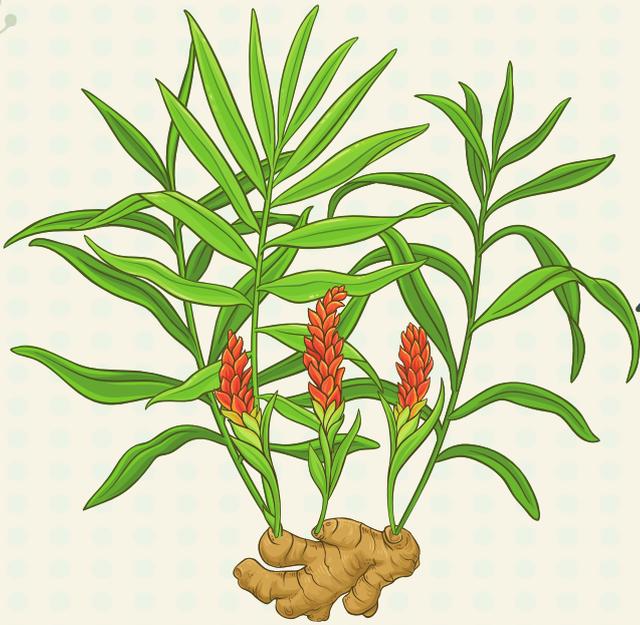
Lady fingers can be grown in pots too. 2-3 seeds per 9" pot is enough. Sow seeds and keep them in semi-shade until germination. Gradually expose to the sun for over one week. Keep anywhere provided there is enough sunlight.



# Detailed plantation techniques

## 04 Ginger

Ginger is very easy to grow, and once you get started, you can keep your supply of ginger full. You need to plant a spare piece of your ginger root in potting soil, ensuring that the buds are facing up. Ginger naturally grows near the surface, so plant it barely under the surface of potting soil.



Make sure to keep it in contact with good wet soil, but keep the top a bit dry. You will notice new shoots and roots in about a week or so, and once this happens, you can pull it up and use it again. Remember to save a piece of the rhizome so that you can replant it and grow more for the next time you need it.

India ranks number one in World's production, and also amongst top 10 global exporters.

# Detailed plantation techniques

# 05

## Spinach



Growing spinach is the best way to make your way into gardening. Spinach is very forgiving, quick to grow and mature, and we all like to eat it! This plant can handle partial shade and is, therefore, suitable to grow on a balcony where you get a few hours of sunlight in a day. Any tray that is 6 inches deep can be used for growing spinach.

You can use old pet bottles and grow a single plant in each one of them. Sow the seeds at a distance of 20 cms between rows and 10-20 cms between plants. It requires adequate moisture throughout its growing period. Harvesting is done in about 25-30 days of sowing. They are cut about 2 cms above soil. One crop can provide 3-4 cuttings.

On March 26th each year, National Spinach Day reminds us of the health benefits packed into this leafy green vegetable. Not only are there so many delicious ways that you can enjoy spinach, but it is also incredibly good for you!

# Detailed plantation techniques

## 06 Mint



Start by purchasing seeds or starter plants and a large, deep pot (about 10 inches in diameter), mint will sprawl. Fill the container with potting soil and plant the seeds or starter. Place the container in an area that regularly gets plenty of sunlight and water, making sure the soil doesn't dry out.

For usage gently snip a few leaves from each plant, making sure not to remove all the leaves from any one plant.

Mint is used in landscaping as an attractive ground cover or potted plant.

# Detailed plantation techniques

## 07 Scallions



Scallions are helpful in improving the overall skin health due to the presence of allicin.

No seeds required! To cultivate your own scallion crop, simply buy a bunch of scallions, wrap the bulbs together with a rubber band, and place the whole shebang (greens, bulbs, and all) in a glass with an inch of water. Change the water daily. When new green shoots appear, and the roots have doubled in length, in about seven to 10 days, plant the scallions in a shallow pot or other containers, not too big.

Keep the plants evenly watered and in full sun. For harvesting, snip the green tops, leaving at least an inch or two of the plant in the dirt, as needed. To use the white part of the scallion, harvest the plants when they're six inches tall. Gently pull the white clump from the soil. Washed and trimmed scallions can be kept for a week in the refrigerator.





## QUICK TIP

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Remember to use high-quality potting soil that is well drained. To increase water drainage, try putting gravels at the bottom of the pot.



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Too much or too little of water will kill your plant.



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