



Nook & Nature

By Neha Kunal Deshmukh

FERTILIZER CYCLE & CARE GUIDE

Simple steps for healthy , happy plants

Ashwagandha (Indian Ginseng)



Category

Medicinal Herb

Family

Boraginaceae

Common Name

- Winter Cherry
- Poison Gooseberry

Vairty of colour



Description

Garden Cress is a fast-growing leafy herb with small bright green leaves and tender stems. It has a slightly spicy, pepper-like taste similar to mustard. The plant also produces small white or pale pink flowers followed by tiny seed pods.



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Watering

💧 **Water only when the soil is dry.**

- Summer: Once every 7–10 days
- Winter: Once every 15–20 days
- Avoid overwatering

Temperature

🌡️ **Best Temperature**

- 18°C to 28°C

Can Tolerate

- 10°C to 35°C

Protect from frost and freezing temperatures.

Sunlight

☀️ **Loves bright light.**

Ideal Light

- 3-5 hours of morning sunlight
- Bright indirect light indoors

Fertilizer

🌱 **Feed once every month during spring and summer.**

Recommended Fertilizers

- Succulent Fertilizer
- NPK 19:19:19 Liquid Fertilizer

Soil

🌿 **Requires very well-draining succulent soil.**

Simple Soil Mix

- 40% River Sand or Perlite
- 40% Garden Soil
- 20% Cocopeat or Compost

Sowing Information

North India

✓ January–March

✓ June–July

Maharashtra & Central India

✓ June–August

✓ October–December



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Humidity

 Prefers low humidity.

Ideal Humidity

• 30%–50%

Reproduction

- 1 Sow fresh seeds.
- 2 Keep soil moist.
- 3 Transplant if necessary.

Benefits

 Easy to propagate through leaves, offsets, and seeds.

Leaf Propagation

1. Gently remove a healthy leaf.
2. Allow it to dry for 1–2 days.

Difficulty Level: Easy

-  Homes with sunny balconies
-  Outdoor gardens
-  Large decorative pots
-  Succulent collections
-  Commercial landscapes

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