



Nook & Nature

By Neha Kunal Deshmukh

FERTILIZER CYCLE & CARE GUIDE

Simple steps for healthy , happy plants



BLEEDING HEART



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1. Fertilizer Cycle (Stage-wise)

🌱 Planting Stage (Oct–Feb in India for cooler regions)

Soil mix: 40% garden soil + 40% compost + 20% sand.

Plant tubers or seedlings in well-drained soil, 2–3 inches deep.

Water lightly after planting.

🌿 Vegetative Growth Stage (Nov–Feb / Winter)

Feed every 15–20 days with balanced NPK fertilizer (19:19:19, 1 g/litre water).

Maintain moist, well-drained soil; avoid waterlogging to prevent root rot.

Mulch around base → keeps roots cool and retains moisture.

🌸 Flowering Stage (Feb–May / Early Summer)

Switch to phosphorus & potassium-rich fertilizer (NPK 10:26:26 or 0:52:34, 1–1.5 g/litre

water every 12–15 days) → encourages large, vibrant blooms.

Remove faded flowers → prolongs flowering duration.

Provide partial shade → protects delicate blooms from harsh sun.

🌱 Dormant Stage (May–Sept / Hot Season)

Foliage naturally dies back → reduce watering.

Keep soil slightly dry during dormancy.

Apply compost or organic manure before the next growing season.



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2. Caring Tips

- ✓ Sunlight – Prefers partial shade to full shade; avoid direct afternoon sun.
- ✓ Watering – Keep soil moist during growth; reduce watering in dormancy.
- ✓ Soil – Fertile, humus-rich, well-drained, slightly acidic to neutral (pH 6–7).
- ✓ Spacing – 12–18 inches between plants for airflow.
- ✓ Container Growing – Works in deep pots (12–14 inch) with good drainage.
- ✓ Temperature – Cool climates; sensitive to extreme heat.
- ✓ Pests – Aphids, slugs, and snails → neem oil or manual removal.

3. Pro Hacks

- 🌿 Shade Hack → Plant under trees or shade cloth → prevents leaf scorching.
- 🌿 Mulching Tip → Use cocopeat or straw → retains soil moisture and reduces weeds.
- 🌿 Deadheading Trick → Remove faded flowers → encourages new bloom spikes.
- 🌿 Dormancy Care → Let foliage die naturally → do not overwater → prevents tuber rot.
- 🌿 Companion Planting → Grow with ferns, hostas, and other shade plants → creates beautiful woodland effect.

4. Blooming Pattern in India 🌻

Season: Winter-spring perennial (Feb–May).

Peak Bloom: March–April.

Colors: Pink, red, white, bi-color.

Fragrance: Mild or none.

Type: Perennial herbaceous plant; 60–90 cm tall with arching stems and heart-shaped flowers.

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