



Nook & Nature

By Neha Kunal Deshmukh

FERTILIZER CYCLE & CARE GUIDE

Simple steps for healthy , happy plants



NIGELLA

(LOVE-IN-A-MIST)



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1. Fertilizer Cycle (Stage-wise)

Sowing / Planting Stage (Oct–Dec in India)

Soil mix: 50% garden soil + 30% compost + 20% sand.

Sow seeds directly in beds or pots, 0.25–0.5 inch deep.

Water gently → keep soil moist until germination (7–10 days).

Thin seedlings to 6–8 inches apart when 2–3 leaves develop.

Add vermicompost (50–100 g per sq. ft.) at sowing for nutrient support.

Vegetative Growth Stage (2–4 weeks after germination)

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.

Stake plants lightly if necessary to support tall varieties.

Budding & Flowering Stage (Dec–Feb)

Switch to phosphorus & potassium-rich fertilizer (NPK 10:26:26 or 0:52:34, 1.5 g/litre water every 12 days) → encourages bigger blooms and stronger stems.

Add bone meal or organic compost once a month → improves flower quality and seed development.

Remove faded flowers → encourages prolonged flowering.

Seed Formation Stage (Feb–March)

Reduce watering slightly → allows seed pods to mature.

Harvest seeds when pods turn brown → can be used for culinary purposes or stored for sowing next season.



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2. Caring Tips

- ✓ Sunlight – Needs 5–6 hours of direct sunlight.
- ✓ Watering – Keep soil evenly moist; avoid soggy conditions.
- ✓ Soil – Well-drained, fertile, slightly alkaline to neutral soil (pH 6–7.5).
- ✓ Temperature – Ideal range: 10°C–25°C; tolerates mild frost.
- ✓ Spacing – 6–8 inches between plants.
- ✓ Container Growing – Works well in pots (8–10 inch diameter).
- ✓ Pests – Rarely affected; occasional aphids → neem oil spray if needed.

3. Pro Hacks

- 🌱 Succession Sowing → Sow every 2–3 weeks → continuous flowering.
- 🌱 Deadheading Hack → Remove old flowers → promotes more blooms.
- 🌱 Mulching Tip → Straw or cocopeat → retains moisture and protects roots.
- 🌱 Seed Harvesting Hack → Let pods dry naturally on plant → easy collection.
- 🌱 Bloom Boost → Foliar spray with Epsom salt (1 tsp/litre water) once a month → stronger stems and vibrant blooms.

4. Blooming Pattern in India 🌻

Season: Winter annual (Oct–Feb).

Peak Bloom: Dec–Jan.

Colors: Blue, white, pink, purple, bi-color.

Fragrance: Mild, delicate.

Type: Annual herb; grows 30–45 cm tall with feathery foliage and ornamental seed pods.

📍 Plot No. 24/2 Balaji Lucky Point, Old Cotton Market Road,
Shree Agro Agencies, Balaji Lucky Point, Amravati, Amravati,
Maharashtra, 444601

📞 +91 9284008858

✉ support@nookandnature.in

🌐 www.nookandnature.in

GST NO. 27ENHPD4122G1ZB

