



Fenugreek Planting Guide

About Fenugreek

Fenugreek - also sometimes called "fenigreek" - is a highly versatile herb variety that is prized for its culinary and medicinal attributes. Use fenugreek to spice up just about any meal – particularly Mediterranean dishes. Among Fenugreek's many ascribed medicinal attributes are helping to lower blood sugar and cholesterol and helping to raise libido.

When to Plant

Start Fenugreek outdoors directly after the last frost of the season. Fenugreek does not transplant well, so starting indoors is not recommended.

Where to Plant

Plant Fenugreek in areas with rich, moist, well draining, slightly acidic soils with access to full sun (6-8 hours of sun per day).

How to Plant

Plant 3-4 seeds 4-8" apart in moist soil, buried approximately 1/4-1/2" deep. Seeds can be soaked overnight before planting to increase the germination rate. Keep the soil moist during the germination process.

Caring for Fenugreek

Once plants are 3-4 weeks old, they can be harvested whole as microgreens or trimmed for their leaves. Leaves can be eaten fresh or dried for later use. Trimming plants back will encourage bushier growth. Depending on when they were harvested and the surrounding temperature, Fenugreek leaves will become more or less bitter, with hotter days leading to more bitter leaves. Seed pods can also be harvested and the seeds themselves can be kept and eaten.