

HERBS

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FENUGREEK METHI



KEY CHARACTERISTICS

Fenugreek is increasingly grown as a green called Methi. We sell an Indian strain that will be consistent from one lot to the next. It is selected to be slow bolting. Methi is direct seeded and grown more or less like cilantro and plant size is affected by spacing. (Tight spacing creates a shoot that is harvested from 8" to 10" tall).

ELIZABETHTOWN, PA (800) 952-7333



LAKELAND, FL (863) 648-4242