

Unusual crops to grow

Cut out to
make your
own seed
packet!

Fenugreek

(a.k.a 'methi')

Latin name: Trigonella foenum-graecum

Origin: Middle East

Plant family: Fabaceae (pea and bean family)

Fenugreek has a multitude of culinary uses and the plant can be sown as a 'green manure' to improve the soil.



Picture Credit: Garden Organic/SowingNewSeeds

Learning activity: investigate

- Explore seed germination by growing fenugreek for edible beansprouts. Use seed suitable for sprouting or culinary use (packets of seed spice are fine). Soak 1 tbsp seeds overnight, rinse well then leave damp seeds in a large jam jar, rinsing twice a day. The sprouts will be ready in three or four days.
- Explore how plants of the bean family can improve the soil by fixing nitrogen. Once fenugreek plants are well-established, carefully dig one up and look for tiny pink coloured nodules on the roots, an indicator that the plant is fixing nitrogen in the soil.

Growing instructions

- Choose a well-drained, sunny spot. Sow seeds between April and August in 0.5cm deep drills, 20 cm apart, with 5cm between rows.
- Germination will normally take place within a week. The plant grows rapidly and will compete against most weeds.
- Leaves will be ready to harvest about 6 weeks after sowing. The quality of the leaves will decline once flower buds start to appear so try and harvest before then.
- Alternatively, grow as beansprouts (see above)

Growing instructions card

www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/sns/factsheets/FactsheetFenugreek.pdf

Culinary uses

- ✂ • Use fenugreek in methi pancakes
- ✂ • Fresh leaves can be cooked or steamed like spinach
- ✂ • Use seeds as a spice in curry dishes



Picture Credit: Garden Organic/SowingNewSeeds

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