



Country Garden Greenhouse

Grow with Us !

Fenugreek (Trigonella foenum-graecum)

(Methi) In cultivation since the Bronze Age, fenugreek travelled the world with the cultures that used it and can be found growing wild in many places. Now primarily cultivated in southern Europe, northern Africa and India, it is used as a spice, tea, vegetable, forage crop, dye plant, and as a starter material in the production of steroid medications. A common ingredient in curry powder, it is used in oriental sauces, soups, stews, the production of imitation flavourings like maple and vanilla, as well as for seasoning and preserving butter. Its importance to us has not lessened over time; in fact, it is growing. Traditionally considered a valuable addition to livestock feed, Agriculture Canada is currently doing research to determine fenugreek's potential value as a forage crop in this country. Fenugreek is grown from seed, and requires a well-drained soil of average richness. Growth will be hindered by wet soil. A legume, fenugreek requires little fertilizer. It requires a growing season of 4-5 months, with flowering triggered by the shortening days. Seedlings can be eaten raw as a sprout, or the fresh leaves added to salads to add an interesting somewhat bitter taste.