

*Flavory
Adventures*

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Nigella

LOVE-IN-A-MIST

The seeds of *Nigella sativa*, known as kalonji, black cumin, black onion seed, onion seed or just nigella, are used as a spice in Indian and Middle Eastern cuisines.

Grow Your Business

Seedsticks™ Growing Instructions

1. Wash and sanitize hands.
Seeds germinate in 10-14 days (varies by day).



1. Break off a Seedstick™.
2. Push the pointed end into soil up to the depth line and water.
Leave the stick in position as your new plant grows.