

HOW TO GROW GINGER INDOORS

Ginger is one indispensable spice or herb in our households. It provides numerous health benefits such as reducing inflammation, boosting metabolism, remedy for nausea and morning sickness, so keeping a fresh supply at home is well worth the effort. In fact, growing ginger is something that everybody can do at home. As long as you provide the right soil and pot, keeping a fresh ginger supply is something you can tick off your bucket list.

Step 1: Planting Ginger

- A. To start off, you need to select a wide, shallow pot as gingers grow horizontally rather than vertically. Proper drainage is important so select pots that have good drainage holes so the roots don't become waterlogged.
- B. Fill the pot with soil that contains sand, perlite and vermiculite or use an all-purpose soil-free to ensure proper water drainage.
- C. Select a healthy, living ginger root which can be bought at local nursery or garden center. Choose ginger root that is plump and firm with several eye buds on it similar to the ones on potatoes.
- D. Fill a small bowl with warm water and soak the root overnight or soak it for at least 8 hours to stimulate germination.
- E. After filling the pot, place the root in the soil with the eye buds facing upwards.
- F. Cover the entire root with soil.
- G. Provide sufficient water for the ginger to grow.



Step 2: Caring for the Ginger

- A. Select a location that can receive bright, indirect sunlight with temperature range between 16-32°C.
- B. Keep the soil moist either by daily misting using spray bottle or twice a week watering using watering can.
- C. Add some pot or multi-purpose compost once a month which can be purchased at garden centre or home improvement store.
- D. Pay attention to the ginger plant. If you see yellow leaves that means the soil isn't draining properly, so check if the pot is draining properly. If leaves look burnt or dry, it is receiving harsh sunlight, so you move it to a spot where it receives less sunlight. If there are brown tips, it's a sign that you are using too much fertilizer, so reduce the frequency of adding compost.

Step 3: Harvesting the Ginger

- A. After 2-3 weeks after planting, some shoots would appear through the soil.
- B. Push some soil aside and find a ginger rhizome, which is the underground root part that grows horizontally. Finally, use a small knife to cut off a piece of ginger.
- C. After cutting off some ginger, put back the rhizomes back by fully covering them with soil. Continue with daily misting to encourage further growth.

Add: 8451 No.5 RD Richmond BC V6Y 2V5, Richmond, BC, Canada, British Columbia

Phone number: +1 604-277-0871

Website: www.dajueartgarden.com

Wechat



Facebook

