

*Happy  
Valentines*

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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

With Seedsticks® you can grow your seeds in just 7 days.  
Seeds germinate in just 7 days.



1. Tear Seedsticks
2. Push pointed Seedsticks into soil to depth line
3. Water, find sunlight & watch it grow!