

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.

MADE IN BRITAIN

Grow Your Business

Seedsticks® Growing Instructions

Add seed name here
Seeds germinate in 3-10 germination days.



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