Tatiha Organics - Kitchen Garden Starter Guide

A practical, step-by-step handbook for growing organic vegetables at home.

1. Sunlight: Ensure your balcony or terrace receives at least 5-6 hours of sun.
2. Containers: Use breathable, UV-stabilised HDPE grow bags with drainage holes.
3. Soil Mix: Combine equal parts garden soil, washed cocopeat, and vermicompost.
4. Sowing: Start with quick crops like coriander, mint, spinach, and chillies.
5. Watering: Water deeply in early mornings; never allow container soil to bake.
6. Nutrition: Top-dress with 50-100g vermicompost and neem cake every 3-4 weeks.

Published by Tatiha Organics, Katara Hills, Bhopal | info@tatihaorganics.in