

# How to grow Shatavari (Asparagus racemosus) at home

Cultivating shatavari starts with choosing an ideal site for the cultivation. the crops requires well drained sandy loamy soils with a slightly acidic or neutral ph. It requires ample sunlight and a warm climate.

## Cultivation practices

Start with preparing the soil by loosening it and adding well rotted organic manure like compost or manure.

Plant the seeds in shallow farrows spaced at about 1 to 1.5 feet apart, cover lightly with soil and water. Keep the soil consistently moist during the germination phase.

As the plants grow, provide them with appropriate care i.e. constantly water the plants especially during the dry periods, weed the plants to prevent competition between the plants and weed, and also apply organic fertilizers to act as a source of nutrients.

Harvesting. The crop reaches maturity in about 2 to 3 years. The roots are harvested by gently digging around the plant and then uprooted.

The roots are then washed and dried for storage and use.