

Healthy Soil and Plants Handout

with Jessica Smith

Potting Soil Mix

- In approximately equal parts:
 - 1: 5 gallon bucket Compost
 - 1: 5 gallon bucket Good soil/Top Soil
 - 1: 4 - 4 1/2ish gallon bucket Sand - coarse (little less than the rest)
- **Optional, but recommended:**
 - Leaf mold (also equal part)
 - Broad Spectrum Fungal Inoculant (see product directions, 1/2 tsp)
 - 1/4 cup Kelp Powder
 - 1-3 lbs Rock Dust
 - 1/4 - 1/2 cup Humates
 - 1 Tbsp Sul-Po-Mag
 - 1 Tbsp Gypsum
 - 1 Tbsp Azomite Trace Minerals
 - 1/2 tsp Sea Salt
 - 2 Tbsp High Calcium Lime or Calcitic Lime
 - 1 Tbsp Greensand
 - 2 tsp Granulated Molasses
 - 2 Tbsp Cricket Frass

Mix it all up in a wheelbarrow, fill your flats, and moisten. Ready to plant!
Remember to inoculate your seeds!*

General Mineral Amendment Recipe:

- 4 lb Rock Phosphate
- 4 lb Greensand
- 4 lb Azomite
- 4 lb Calcium Carbonate
- 4 lb Gypsum
- 2 lb Sea Salt
- 2 lb Kelp
- 4 lb Humates
- 2 lb Alfalfa Meal (Non-GMO)
- 6 lb Compost
- 4 lb Sul-Po-Mag

Mix it all together in a wheelbarrow and then put in a sealed container for storage. Take your needed amount out and mix in the wheelbarrow with appropriate amount of rock dust, any extra amendments, and compost and apply necessary amounts in Fall or Spring.

Rock dust application recommendation:

- 5-15 lb/100 sq. ft.

General Foliar Spray Recipe:

- 1/3 cup EM-1
- 1 cup sea mineral liquid (not the same as sea salt) or 1 cup fish hydrolysate
- 4 tsp liquid kelp
- 1/3 cup molasses
- 4 gallons of water
- 1 pint+ compost tea

- **Optional:**

- 1/2 tsp humic acids
- 1/2 to 1 mg vitamin B complex
- 2/3 cups liquid calcium
- Specific macro/micronutrients as needed

1. Dissolve molasses in warm water.
2. Add molasses and water to bucket.
3. Add liquid kelp.
4. Add humic acids, minerals, nutrients, and fish hydrolysate.
5. Add compost tea.
6. Add EM-1.
7. Mix together well. Let sit for 15 minutes.
8. Apply once a week to every other week, depending on environmental stresses.

Note:

Do and store more than 4 hours at room temp. May be stored in a refrigerator overnight.

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