

ISLAND GROWN

RECIPE

Compost Tea

INGREDIENTS

- 5 gallon bucket of water that has sat for 24 hours
- Aerator pump or aquarium pump
- hose for the pump
- Mesh bag or burlap
- 3 cups of compost
- Optional mix ins:
 - 1 tablespoon humates
 - 1 Tablespoon fish emulsion
 - 1 Tablespoon kelp meal
 - Worm castings
 - Seaweed

INSTRUCTIONS

Start by filling up a 5 gallon bucket of water and letting it sit out for a day.

Add the compost and any optional mix ins into a mesh bag. Put the bag in the 5 gallon bucket and steep the bag up and down and stir it around massaging it if you don't mind getting your hands dirty!. Turn on the aerator.

Using an aerator will support aerobic microorganisms. Brew for 24 hours.

Use one part water one part compost tea to water your plants and give them (and the soil) a nutrient boost!

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