

## FEEDING YOUR GARDEN THE ORGANIC WAY

**Garden With Nature:** The tenet of organic gardening is using nature as a guide and disturbing the environment as little as possible. It involves using preventive techniques to avoid problems and treating any pests, diseases or nutrient deficiencies without synthetic chemicals.

**A Healthy Foundation:** The basis of organic gardening is good soil. Have it tested and adjust the pH if needed. Use organic fertilizers and improve soil structure by incorporating compost, manure or other organic matter.

**Compost, Compost, Compost!** It's the best way to provide organic matter to the soil and reduce the amount of garden waste flowing into landfills and dumps.

**Be Tolerant:** Organic gardeners strive for optimum health, not cosmetic perfection. Learn to tolerate a few weeds or insect pests if they are not causing serious harm.

**Plant Good Companions:** Use certain plants to encourage growth of other plants and to repel or attract insects. For example, plant peanuts with squash, to increase the crop yields of both. Use basil among ornamentals to discourage aphids. Borage with tomatoes to discourage tomato worms.

NITROGEN	SOURCE	NUTRIENT RATE	APPLICATION RATE
Alfalfa meal	alfalfa by-products	5%	5 lbs per 100 sq ft
Blood meal	meat processing by-product	15%	3 lbs per 100 sq ft
Cottonseed meal	dehulled cotton seed	6%	2 - 5 lbs per 100 sq ft
Fish-emulsion	fish processing by-product	4%	20 parts to 1 part water
Fish meal	fish processing by-product	10%	5 lbs per 100 sq ft
Hoof & horn meal	meat processing by-product	14%	4 lbs per 100 sq ft
Leather dust	leather tanning by-product	5-12%	1/2 lb per 100 sq ft
Manure	animal waste	2-13%	3 - 50 lbs per 100 sq ft
Soybean meal	soybean by-product	7%	5 lbs per 100 sq ft

PHOSPHORUS	SOURCE	NUTRIENT RATE	APPLICATION RATE
Bird guano	dried seabird manure	8%	3 lbs per 100 sq ft
Bone meal	meat processing by-product	20%	3-5 lbs per 100 sq ft
<b>*Rock phosphate</b>	<i>washed, crushed limestone</i>	33%	<i>10 lbs per 100 sq ft</i>
<b>*Not for our soils!</b>			

POTASSIUM	SOURCE	NUTRIENT RATE	APPLICATION RATE
Granite dust	by-product of quarrying	5-7 %	10 lbs per 100 sq ft
Greensand	marine sediment	3-5%	10 lbs per 100 sq ft
Kelp meal	processed seaweed	12%	1 lb per 100 sq ft
Langbenite	mined mineral	22%	1 lb per 100 sq ft
Liquid kelp	extract of kelp meal	12%	25 parts to 1 part water
<b>*Wood ashes</b>	<i>burnt wood</i>	6-20%	<i>1-2 lbs per 100 sq ft</i>
<b>*Not for our soils!</b>			

**Long-term benefits:** Greensand and granite dust yield their valuable potassium very slowly, they will endure in the soil for up to 10 years. Apply in the fall to beds being planted in spring.

**Versatile kelp:** Kelp meal and liquid kelp do more than simply providing potassium. They are also a source of chlorine, sodium, and the 50 odd other trace elements that plants need in minute quantities.