Worm/Compost Tea recipe

<table>
<thead>
<tr>
<th>Type of Plant</th>
<th>Type of Tea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most brassicas</td>
<td>Highly Bacterial</td>
</tr>
<tr>
<td>Vegetables, Grasses</td>
<td>Moderately Bacterial</td>
</tr>
<tr>
<td>Berries</td>
<td>Balanced Bacteria to Fungi</td>
</tr>
<tr>
<td>Deciduous Trees</td>
<td>Moderately Fungal</td>
</tr>
<tr>
<td>Coniferous Trees</td>
<td>Highly Fungal</td>
</tr>
</tbody>
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Balanced Compost Tea Recipe
- 1.5 pounds of balanced compost
- (equal parts bacterial to fungal biomass)
- 1.6 ounces of humic acids
- 1 ounce of liquid kelp*
- 1 ounce of soluble unsulphured black-strap molasses

Bacterial-Dominated Compost Tea Recipe
- 1.5 pounds of bacterial-dominated compost (vermicastings work well)
- 2 ounces of cane sugar
- 1 ounce of soluble kelp

Fungal-Dominated Compost Tea Recipe
- 2 pounds of fungal-dominated compost (see tips at bottom of page)
- 2 ounces humic acids
- 2 teaspoons of yucca extract*
- 1 ounce of liquid kelp
- 2 tablespoons of ground oatmeal*
  *We like to add yucca extract near the end of the brewing process, since it has a tendency to create a lot of foam. Also, you'll want to make sure your yucca doesn't have any preservatives, but does have a high saponin content.

Ultimate Compost Tea Recipe

Please note, the amounts indicated in the following recipe are intended for a KIS 5-gallon brewer.

- 1/4 cup vermicompost (worm castings)
- 1/4 cup fungal-dominated compost
- 1/4 cup garden soil
- 1/4 cup forest soil
- 1.5 ounce of soluble unsulphured black-strap molasses
- 1 ounce of soluble kelp
- 1 ounce humic acids
- 1 ounce fish hydrolysate
- 3 tablespoons rock dust

Ingredient List:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Feeds</th>
<th>Ingredient</th>
<th>Feeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Sugar</td>
<td>Bacteria</td>
<td>Maple Syrup</td>
<td>Bacteria</td>
</tr>
<tr>
<td>Corn Syrup</td>
<td>Bacteria</td>
<td>Cane Sugar</td>
<td>Bacteria</td>
</tr>
<tr>
<td>Molasses</td>
<td>Bacteria/Fungi</td>
<td>Fish Emulsion</td>
<td>Bacteria</td>
</tr>
<tr>
<td>Fruit Pulp</td>
<td>Bacteria/Fungi</td>
<td>Fish Hydrolysate</td>
<td>Fungi</td>
</tr>
<tr>
<td>Kelp</td>
<td>Bacteria/Fungi</td>
<td>Ground Oatmeal</td>
<td>Fungi</td>
</tr>
<tr>
<td>Rock Dusts</td>
<td>Bacteria/Fungi</td>
<td>Yucca</td>
<td>Fungi</td>
</tr>
<tr>
<td>Humic Acids</td>
<td>Bacteria/Fungi</td>
<td>Soybean Meal</td>
<td>Fungi</td>
</tr>
</tbody>
</table>

Tips:

1. Apply fungal-dominated tea to sandy soils to build structure.
2. Experiment-if bacteria dominated tea fails to make a difference then try fungal dominated tea for a few cycles.
3. Add two cups of garden soil/forest soil depending on the type of tea you want to create.
4. Add mycorrhizal fungus to the mix after brewing is finished.
5. We can't claim this last tip to be our own. It comes from the incredible book, *Teaming with Microbes*, by authors, Jeff Lowenfels and Wayne Lewis. In it, Lowenfels and Lewis suggest you "give fungi a head start." Since it can be difficult to get fungi to multiple (they do grow in size, just rarely in number) during the compost tea brewing process, the authors recommend growing them prior to the brewing process.
   a. To do this, you'll want to moisten a couple cups of compost (just damp, not dripping wet), and then put it in a light-resistant container. Then grind up some simple proteins (fungal foods), such as oatmeal, and mix them in with the moist compost. Cover partially with a lid, and then place in a warm, dark area. We typically put ours under our sink, or above our fridge in a cupboard. After about 3 days, you'll remove the lid, and find a bunch of fungal mycelia throughout the compost. You can now use this compost to brew your fungal tea.
Potting Mix Recipe

Potting soil self-sufficiency is good for your pocketbook, your plants and the planet, and you actually gain convenience by always having potting soil ready when you need it. If you have soil and compost, you've got the basic ingredients for making your own potting soil. In place of peat moss, perlite and vermiculite (the three leading ingredients in bagged potting soil), you can simply combine your best soil with cured compost, leaf mold, rotted sawdust (from untreated wood) or a long list of other organic ingredients. Prepare some small batches, mix it with store-bought stuff to stretch your supply, and gradually make the transition to what potting soil should be — a simple, nurturing medium for growing healthy plants or starting seeds.

Read more:

Specific Recipes here:
http://www.backyardgardener.com/soil.html