



Ocean Safe Nutrient Mixes for Coastal San Diego County Vegetables

Pre Plant Mix

Before planting your spring crop replenish the minerals in your soil with this mix.

- 4 parts Cottonseed Meal
- 1 parts Rock Phosphate
- 8 parts Worm Castings
- 1 part Potassium Sulfate
- ½ part shrimp or crab meal (optional)

Sprinkle 4 to 6 quarts of this mix on 100 square feet. Mix thoroughly into the top 6 to 8 inches. Irrigate thoroughly before planting.

Post Plant Mix

After planting, you can use either a *foliar spray* or *soil applied* nutrients to help increase plant vigor.

Soil Applied

Apply El Corazon Compost Tea once per month at the rate of 1 gallon per 100 square feet. Worm Castings: Don't let your worm casting go unused! Band casting along vegetable rows during the growing season and water in thoroughly.

Foliar Applied

In addition, apply liquid kelp every 2 weeks as a foliar spray throughout the season OR the following mix adapted from Michael Phillips' book, *The Holistic Orchard*:

- 2.5 oz. pure Neem oil
- 1 t. insecticidal soap
- 10 oz. liquid fish
- 5 t. soluble kelp powder

Mix in a 5-gallon container of El Corazon Compost Tea

Fallow Mix

In the fall after harvest apply 5 pounds of agricultural gypsum per 100 square feet. Cover with up to 1 inch of Humic Compost. Apply 1-2 inches of water monthly if it doesn't rain.