



## Super Simple Potting Mix for Seeds and Plants

### Ingredients

- 2 gallons of sphagnum peat moss
- 1 gallon of vermiculite
- 1 gallon of hot water from tap (gas off for 24 hours if you are on a municipal water system – you will need to heat the water to about 125° F after gas off)
- 1/4 cup of blood meal
- 1/4 cup of bone char
- 2 tablespoon of sulfate of potash
- 1/4 cup of dolomitic lime

### Mixing Instructions

Be sure to wear a dust mask and gloves when handling ingredients:

1. Gently mix the peat moss and vermiculite together (vermiculite can be crushed if handled too roughly).
2. Add nutrients and gently and thoroughly mix.
3. Add water to mix and stir gently.
4. Let sit in a warm area for **at least 14 days**. This reduces the possibility of a phytotoxic reaction (from the nitrogen sources), allows calcium to react and biological activity to start up.