

# Corvus Landing Farm Recipes: Get The Most Out of Your Vegetable Garden



## Sowing mix (for seeds and young plants):

- 3 parts coco peat, sifted
- 1 part Black Gold Worm Castings
- ½ part Black Gold Garden Compost
- 1 ½ parts perlite
- .05 parts fertilizer mix (about 1 Tbsp per quart, recipe below)
- Handful mycorrhizae

## Potting Mix (for larger plants):

- 1 pt compost
- 1 pt soil
- 1 pt Stutzman's fluffy chicken manure
- 1 pt old potting soil
- 1.5 pt perlite
- Fertilizer mix (about ½ Tbsp per quart, recipe below)
- Lime: about 1 tsp per quart

## Fertilizer for sowing mix:

- 2 parts fish meal
- ¾ parts bone meal
- ½ part kelp meal
- ½ part azomite

## Steve Solomon's Complete Organic Fertilizer (for garden beds):

- 4 parts seed meal (or 2 parts fish or feather)
- ½ part lime (best is an equal mix of agricultural lime and dolomite)
- ½ part rock phosphate or bone meal
- ½ part kelp meal

Taken from *Growing Vegetables West of the Cascades*, Sasquatch Books, 2007