



The Living Soil Recipe

INGREDIENTS:

- Compost (well decomposed)
- Seaweed Liquid
- Rock Minerals (crushed Basalt)
- Molasses
- Water
- Worm Castings/Worm Juice OR Manure Pellets
- Sugar Cane Mulch (fine cut)
- Optional Base Layer material (organic matter)

STEPS:

1

Add your Base Layer leave enough space for 200mm Top Layer (you can skip this step OR add thin layer of cardboard)

2

Water your base layer with the Living Liquid mix

3

Add your Top Layer with your choice of compost & water with Living Liquids

4

Add your Mulch Layer

5

Each season top up with compost (as needed), living liquid and fresh mulch

LIVING LIQUIDS

- Water 9L
- Molasses 1 tablespoon
- Seaweed liquid 1 tablespoon
- Optional: add a cup of worm juice/worm tea)
- Mix together in a watering can and thoroughly wet down the each layer of the garden bed (use as many as required)

BASE LAYER

- **Optional (If your bed is higher than 200mm)
 - Can use the same as the top layer OR use organic material (e.g. tree branches, partially decomposed compost, sand, potting mix, soil from existing garden)

TOP LAYER

- Fill the top 200mm with Compost
- Sprinkle Rock Dust 1 cup per square metre
- Worm Castings OR Manure Pellets, 1 cup/m²
- Water it with Living Liquid mix

MULCH LAYER

- Apply Sugar Cane mulch as the final layer 3-5cm thick (cover all compost)
- Congratulations! You're now ready to plant your seedlings!

*This Living Soil Recipe is part of the Shambhala Farm 12 Week Food Growing Course
learn more on the link below..*

