

RECIPE

# Healthy Garden Soil



Ready in **1 season or less**

Serves **the entire planet**

## Ingredients

- Diverse Living Roots
- High Quality Compost, Tea, or Extract
- Plant Residue Mulch
- Air and Water

## Preparation

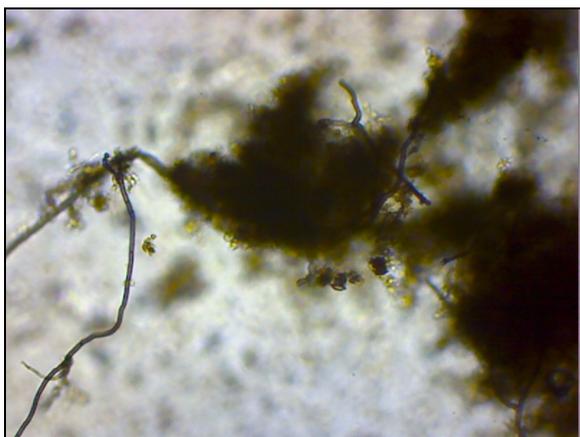
1. Plant a good mix of diverse plants that cover the soil
2. Spray soil and plants regularly with biologically active compost tea or extract
3. Spread compost once or twice per season
4. Leave dead plant material on the soil over winter and/or use cover crops
5. Never till or double-dig the soil; to plant new seeds simply make a narrow trench and leave residue/mulch in place
6. Never use artificial fertilizers or chemicals
7. Create mulched walkways to prevent compaction
8. Observe carefully to see the transformations that take place as soon as you apply these principles

## Tips

- In some places, one final tillage event might be necessary to incorporate compost into very compacted earth
- Once you stop tilling, start covering the earth with plants and plant residue mulch, and using biologically

active compost/tea/extract, you will begin building soil

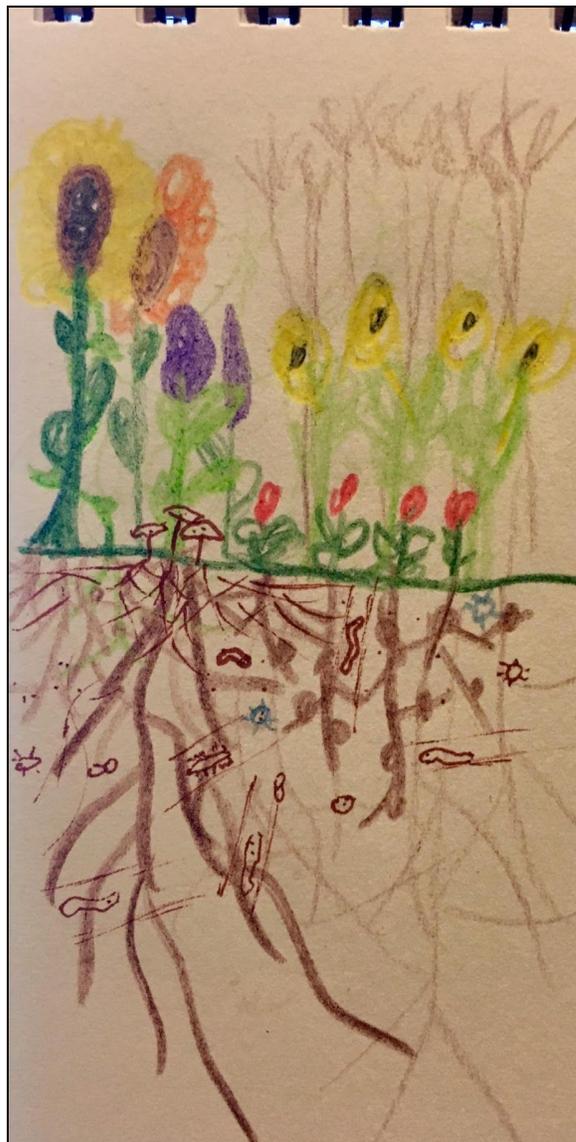
- See recipes for making your own biologically active compost and compost tea
- Learn how to evaluate your compost and your soil under the microscope to ensure a full and functioning soil food web



^These are some great strands of fungal hyphae coming out of soil aggregates under the microscope. This is a very fungal forest soil and would be great inoculum for a wood chip pile that you will use to make your own compost.

Fungi is only one character in the soil food web. Along with bacteria, fungi break down organic matter and also get food from plants in the form of root exudates. These second trophic level consumers store nutrients in their bodies, which prevents nutrient leaching but also prevents plants from taking up those stored nutrients. For this reason, predator microorganisms like protozoa, nematodes, and microarthropods are essential: when they eat fungi and bacteria, they poop out plant-available nutrients. And

because root exudates attract all of these organisms to the root-zone (rhizosphere) of the plant, nutrients are released exactly where the plant can soak them up.



The world below ground is just as complex as the world above!

Produced by Renaissance Soil

Email: [Revivesoil@gmail.com](mailto:Revivesoil@gmail.com) with comments or questions