

RECIPE

# Compost Extract



Ready in **5 minutes**

Serves **billions**

↑ Soil-dwelling critters like this **beneficial predatory nematode** (*predatory* because they hunt other nematodes and soft-bodied grubs) are the reason we make really good compost and are also the things being extracted in this recipe!

## Ingredients

- 5 Gallon Bucket
- 2-5 Pounds of Really Good Compost
- Mesh bag, ideally one made for compost tea with large pore sizes
- Chlorine-free water (rain water works great!)
- Amendments like biochar, sea kelp, fish hydrolysate, azomite, etc...

## Preparation

1. Grab your clean 5 gallon bucket and fill it with **high quality water**
2. Place **2-5 pounds of really good compost into a mesh bag**
3. Mix into the water small amounts of other amendments as desired
4. Lower the compost bag into the water and **massage with your hands for 2-3 minutes**
5. Remove the compost and **top-dress** plants with the solid material
6. Use the liquid as a **soil drench** around plants or **spray liberally** across a larger area



Produced by Renaissance  
Soil

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with comments or questions