

Seed Starting Mix Recipe

This is a recipe that can be used to create a starting medium for seeding vegetables into starter containers. Be sure to mix all ingredients well and moisten just before use. The mix should stay together when squeezed in your palm but should not be dripping. To make a smaller batch, divide the ingredients by one half.

Recipe for about 9-10 gallons of starting mix:

- 4 gallons fine-sized worm castings or fine-sized compost (*sifting castings or compost may be necessary to improve seed-to-soil contact; be sure to only use materials that were fully composted*)
- 4 gallons fine-sized vermiculite
- Amendments:
 - 8 oz greensand or kelp meal for **potassium**
 - 8 oz supplement with full spectrum of **micro-nutrients** (e.g. Azomite)
 - 8 oz phosphate rock for **phosphorus**
 - 8 oz alfalfa meal for early **nitrogen**



UF/IFAS Extension Leon County, 615 Paul Russell Road, Tallahassee, FL 32301
Questions? E-mail Extension Agent Molly Jameson at mjameson@ufl.edu

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Potting Mix Recipe

This is a recipe that can be used to create a potting medium for container grown vegetables or for “up-potting” vegetable seedlings into bigger pots (prior to transplanting into the garden). Be sure to mix all ingredients well and moisten just before use. The mix should stay together when squeezed in your palm but should not be dripping. To make a smaller batch, divide the ingredients by one half.

Recipe for about 9-10 gallons of potting mix:

- 1 gallon perlite
- 5 gallons pulverized pine bark
- 3 gallons finished worm castings or compost
- Amendments:
 - 8 oz greensand or kelp meal for **potassium**
 - 8 oz supplement with full spectrum of **micro-nutrients** (e.g. Azomite)
 - 8 oz phosphate rock for **phosphorus**
 - 8 oz alfalfa meal for early **nitrogen**
 - 4 oz feather meal for **mid-late nitrogen**
 - 2 oz oyster shell flour or crushed eggshells for **calcium**



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