

Garden Alchemy

Natural Organic Recipes for Your Garden

POTTING SOIL RECIPES

Peat Moss Alternative

- 1 part compost
- 1 part coconut coir
- 1 part rice hulls or perlite

All-Purpose Soil Mix

- 2 parts screened compost
- 2 parts peat moss alternative
- 1 part perlite
- 1 cup per gallon worm castings
- 1 tablespoon per gallon greensand
- 1 tablespoon per gallon mineralized rock dust
- 1 tablespoon per gallon kelp meal

Seed Starting Mix

- 2 parts screened and sterilized compost
- 2 parts peat moss alternative
- 1 part perlite
- 1 part vermiculite

Seedling Transplant Mix

- 2 parts screened compost
- 1 part peat moss alternative
- 1 part perlite
- ¼ cup per gallon worm castings

Hanging Basket Mix

- 2 parts compost
- 1 part perlite
- 1 part vermiculite
- 1 part worm castings
- 3 tablespoons per gallon blood meal or alfalfa meal
- 1 tablespoon per gallon kelp meal

SEED BOMB RECIPE

~ Meadow Flowers Blend ~

- Bachelor's Button (*Centaurea cyanus*)
- Blue Flax (*Linum lewisii*)
- Poppy (*Papaver spp.*)
- Cosmos (*Cosmos spp.*)
- Hollyhocks (*Alcea spp.*)
- Love-in-a-Mist (*Nigella damascena*)
- Prairie Coneflower (*Ratibida columnifera*)
- Rocket Larkspur (*Delphinium ajacis*)
- Scarlet Flax (*Linum grandiflorum rubrum*)
- Siberian Wallflower (*Cheiranthus allionii*)
- Sunflower (*Helianthus annuus*)
- Sweet Alyssum (*Lobularia maritima*)

COMPOST ACCELERATING PLANTS

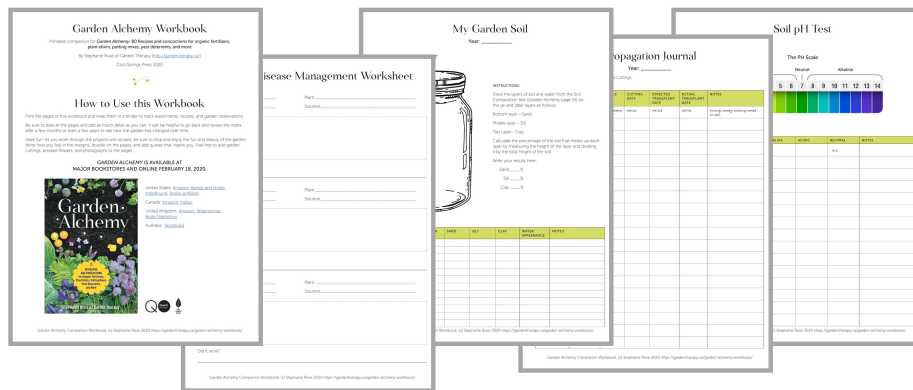
- Alpine Strawberry (*Fragaria vesca*)
- Alfalfa (*Medicago sativa*)
- Black Elderberry (*Sambucus nigra*)
- Calendula (*Calendula officinalis*)
- Chamomile (*Matricaria chamomilla*)
- Comfrey (*Symphytum officinale*)
- Dandelion (*Taraxacum officinale*)
- Hollyhock (*Althea rosea*)
- Oak Bark (*Quercus robur*)
- Sage (*Salvia officinalis*)
- Stinging Nettle (*Urtica dioica*)
- Valerian (*Valeriana officinalis*)
- Yellow Dock (*Rumex crispus*)

FREE Garden Alchemy Workbook

Special Show Offer!

Purchase a copy of *Garden Alchemy* at the show and get a free bonus printable workbook. The workbook includes 10 printable worksheets used to log your progress in the garden or jot down notes about your recipes and experiments.

<https://gardentherapy.ca/garden-alchemy-workbook/>



Other Books by Stephanie Rose

<https://gardentherapy.ca/books/>

- *Home Apothecary: Easy Ideas for Making & Packaging Bath Bombs, Salts, Scrubs & More* (2018)
- *Home Candle Making: Easy Ideas for Making & Gifting Artisan-Inspired Candles* (2019)
- *Garden Made: A Year of Seasonal Projects to Beautify Your Garden and Your Life* (2015)
- *The Natural Beauty Recipe Book: Easy-to-Make Plant-Based Skin Care for the Whole Body* (2016)

