

## 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

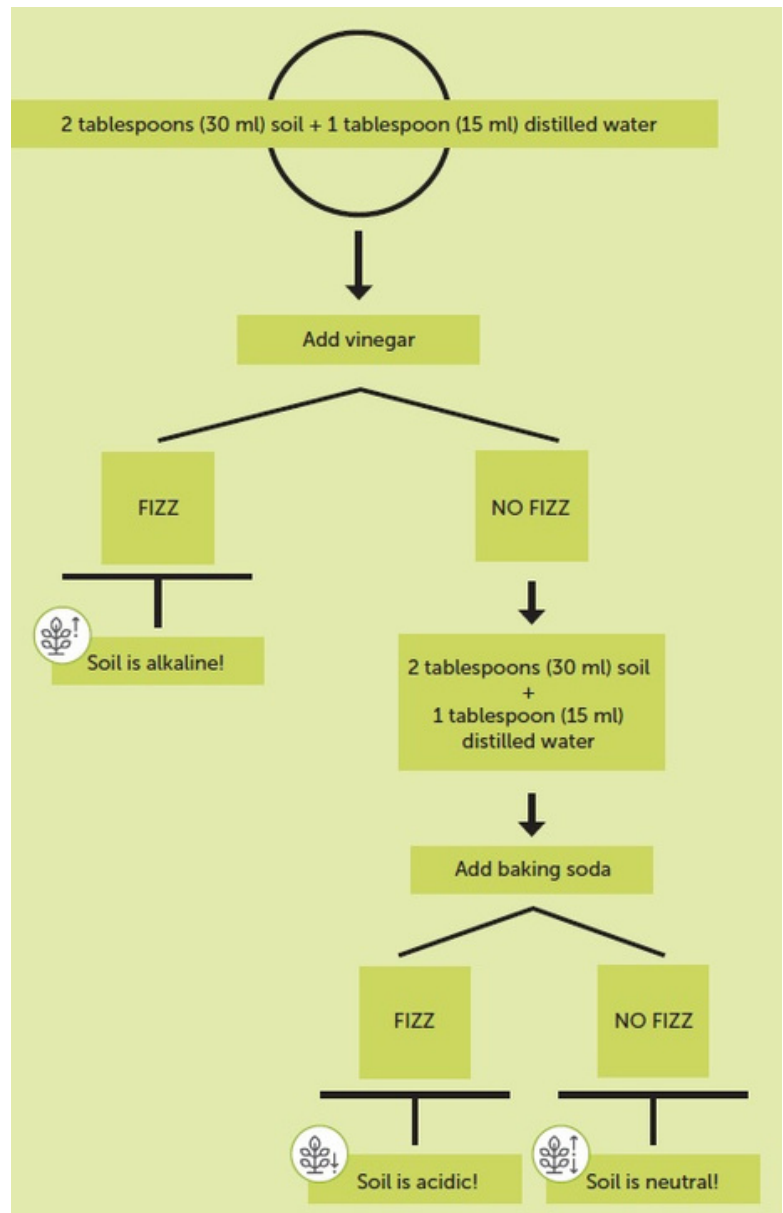
- 2 parts screened compost
- 2 parts peat moss alternative
- 1 part perlite
- 1 c /gallon worm castings
- 1 T /gallon greensand
- 1 T /gallon mineralized rock dust
- 1 T /gallon kelp meal

##### Seed Starting Mix

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

#### 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

Thank you for joining me at the  
Northwest Flower and Garden Festival 2023!

Use the link below to download a copy of the *Garden Alchemy Workbook* which includes 10 printable worksheets to log your progress in the garden or jot down notes about your recipes and experiments.

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

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## Other Books by Stephanie Rose

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

- *Big Book of Botanical Crafts: How to Make Candles, Soaps, Scrubs, Sanitizers & More with Plants, Flowers, Herbs & Essential Oils* (2022)
- *The Regenerative Garden: 80 Practical Projects for Creating a Self-sustaining Garden Ecosystem* (2022)
- *Home Apothecary: Easy Ideas for Making & Packaging Bath Bombs, Salts, Scrubs & More* (2018)
- *Garden Made: A Year of Seasonal Projects to Beautify Your Garden and Your Life* (2015)

