

HOW TO USE SEAWEED TO GROW HEALTHY ORGANIC FOOD

Seaweed is a safe, pleasant and easy to use organic fertiliser. It contains trace elements and nutrients for plant health and Gels [alginates] which help form humus and improve the soil's structure and texture. It also improves the taste and flavour of the final crop.

- 1. Compost activator** **1 kg per m³**
Sprinkle on in layers as the heap is built up and moisten.
Improves the quality of composts and manures.
Accelerates the breakdown of compost ingredients and time to maturity.
- 2. Soil improver** **1 kg per 4 m²**
Spread evenly 4-8 weeks before crop sown or planted.
Improves texture, structure and water retention capacity.
Increases micro-organisms, humus and nutrients available to roots.
- 3. Crop fertiliser.** **1 kg per 2 m²**
Spread around established plants 4-8 weeks before crop matures.
Gently hoe or rake to mix seaweed into top inch of soil.
Helps plants attain full potential even where space is limited.
- 4. Liquid feed.** **1 kg per 25 l**
Ferment in [rain-]water for 2-4 months, stir weekly.
Dilute fermented liquid with 20 parts water before use.
Apply to soil which is already moist around maturing crops.
- 5. Foliar spray.** **1 kg per 5 l**
Ferment in [rain-]water 4-6 months. Stir regularly. Dilute 1:10.
Improves plant's vigour and health at all stages of growth.
Effective against pests and for recovery of distressed plants.
- 6. Potting compost ingredient.** **1+ kg per 50 l**
Distribute well in mixtures for potting on plants and seedlings.
Omit all fertilisers from seed-sowing composts.

These application rates are approximate, but generous. Use a little more if seaweed is the only fertiliser you use. Use less if you combine several methods of application [1-6] or if you also use other fertilising ingredients.

HEALTHY SOIL = HEALTHY PLANTS = HEALTHY PEOPLE