

Complete Organic Fertilizer (COF)

This is Steve Solomon's recipe, used with permission, adapted to the West Coast for soil type and available materials.

To find Steve Solomon's articles on COF go to <http://www.motherearthnews.com> and search Steve Solomon. The first 3 results are the articles pertaining to COF and growing nutrient dense food.

COF RECIPE

3 quarts oilseed meal
1 quart colloidal (soft) rock phosphate
1 quart Kelp meal
1 pint glacial rock dust
1 pint agricultural lime (Calcium Carbonate)
1 pint agricultural gypsum (Calcium Sulfate)
Kelpman as a foliar spray every 2 weeks

Optional addition

1 teaspoon laundry borax
1 ½ teaspoons zinc sulphate
2 teaspoons manganese sulphate
1 teaspoon copper sulphate

Mix by pouring from bucket to bucket (stand upwind!) Or put in a bucket with a tight fitting lid and roll back and forth.

This amount will generously cover 100 square feet or 25 feet of 4 foot wide raised bed.