

# WHOLE GARDENER RECIPE BOOK

A SOIL & NUTRIENT GUIDE



[www.wholegardener.com](http://www.wholegardener.com)

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# INTRODUCTION

Welcome to Whole Gardener, a sustainable new concept for the hobby grower and just about anyone who wishes to grow delicious and healthy plants. The emphasis of the Whole Gardener concept is on providing high quality plant nutrients and soil amendment products in a convenient, easy to use and informative way, geared for the organic and natural gardener. This book of recipes will provide do-it-yourself (DIY) plant food sources and resources to make your own plant food blends.

What makes Whole Gardener different from other products. First the products are derived from Mother Nature herself:

Simply Nitrogen: Fermentation derived proteins, feather meal and molasses

Simply Potassium: Sunflower seed hull ash and molasses

Simply Phosphorous: Steamed bone meal and molasses

Simply Micros: essential micro nutrients

Another difference is that Whole Gardener recognizes the importance of soil preparation and determination of pH. Our Whole Gardener Resource Kit contains pH strips with easy instructions to determine the optimal pH of your soil. The kit also contains measuring cups, applicator and sustainable soil applied nutrient products. Additionally, a wide array of soil amendments will be available. Helpful information about plant nutrition, plant specific growing recommendations, optimum growing conditions and requirement and other support information can be found on our website: [www.wholegardener.com](http://www.wholegardener.com). Enjoy!





# PREPARING YOUR SOIL

Gardening is one of the most rewarding hobbies we can pursue. Not only does it provide natural beauty, healthy food and keeps us active but it also creates a sense of wellbeing. In order to achieve these results, we need to create the most ideal growing conditions possible and that starts with our SOIL! A well-balanced soil mix is critical to maximize the gardening experience.

Soils are basically categorized into 4 groups - Clay, Sand, Silt and Loam. A nice loam or sandy loam soil is ideal as it contains a nice balance of all groups and is rich in humus (decomposed organic matter). Unfortunately, this is not the case for most of us. If the planting bed is not too large, dig out the top 6-12" of soil and replace with a good garden soil mix. Most commercial garden soil available at home improvement stores or nurseries is fine to use. Potting soil is generally a sterile medium and recommended only for small containers. I like to use a 50-50 mix of top soil and compost for my garden soil. If you are not able to replace the soil, dig out the immediate area around the plant at planting and replace with garden soil.

Many native soils are clay-based and have poor drainage, crust easily and are hard to manage. Applications of Simply Gypsum (available from Whole Gardener) will greatly improve these soils over time, add needed calcium and sulfur and improve nutrient uptake.

A valuable tool in the Whole Gardener kit is the pH testing strips. You will notice each recipe in the book is dependent upon the correct pH of the soil. The Whole Gardener website offers our Simply Soil Neutralizer to help you raise the soil pH and Simply Soil Acidifier to lower pH for acid loving plants.  
Happy Gardening!



# INSTRUCTIONS



## Step 1 : Soil Preparation

Amend the soil bed or planting surface with a good compost or garden soil if possible.



## Step 2 : Find plant in the recipe book

Hundreds of nutrient recipes are included to fit the nutrient needs of any plant application. (See index page to locate the section and page of your plant). If you do not find your plant in the recipe book, please go to our web page, [www.wholegardener.com](http://www.wholegardener.com), for additional species.



## Step 3 : Measure & blend, shake well

Follow the measurements provided using the set of measuring cups, mix in the jar or another container after all the ingredients are included, shake well



## Step 4 : Spread and mix into surrounding soil



# Using the Whole Gardener Kit



## Transplants

When transplanting seedlings, follow the recipe for your plant species, mix into the dispenser in the Whole Gardener Kit, shake well and spread over an area where you expect the root zone to extend; approximately a 2 - 4 square foot area. Incorporate the mix into the top 1-2 inches of soil, plant the seedling and water. A second application will probably be needed halfway through the growing season. Please see the instructional video on [www.wholegardener.com](http://www.wholegardener.com). If you are transplanting into containers, the instructions are virtually the same. If your container is less than #3 (3 gallons), cut the recipe in half and make two applications, one month apart.



## Established Plants

When fertilizing established plants such as perennials and biennials, scrap away mulch from below and around your plant. Follow the recipe for your plant species, mix into the dispenser in the Whole Gardener Kit, shake well and spread under and around the plant as far as the root zone extends. Incorporate the mix into the top 1-2 inches of soil, replace the mulch and water. A second application will probably be needed halfway through the growing season.



## Trees

When fertilizing trees, measure the diameter of the tree and refer to the recipe in the Whole Gardener Recipe Book tree section. Scrap away mulch from around the tree and spread fertilizer mix as far as the root zone extends. Incorporate the mix into the top 1-2 inches your tree species and replace mulch and water. A second application will probably be needed halfway through the growing season.



## Row Seeding

When planting a garden from seed, the recipe in the Whole Gardener Recipe Book will treat approximately 10 feet of row. Dig a furrow and plant seeds to the recommended depth for that species, mix the recommended ingredients from the recipe book, sprinkle in the row, cover the seed and water. A second application (side dressing) will be needed approximately halfway through the growing season.





## ARTICHOKE

pH	Simply Nitrogen	Simply Phosphorus	Simply Potassium	Simply Micros
6.5 - 7.5	2 TBSP	-	-	-

## ARUGULA

pH	Simply Nitrogen	Simply Phosphorus	Simply Potassium	Simply Micros
6.0 - 6.8	1 ½ TSP	½ TSP	½ TSP	½ TSP

## ASIAN GREENS

pH	Simply Nitrogen	Simply Phosphorus	Simply Potassium	Simply Micros
6.0 - 6.5	1 ½ TSP	½ TSP	½ TSP	½ TSP

## ASPARAGUS

pH	Simply Nitrogen	Simply Phosphorus	Simply Potassium	Simply Micros
6.0 - 8.0	½ TSP	½ TSP	1/4 TSP	1/4 TSP







The previous pages are just a sample of the helpful information included in the Whole Gardener Recipe Book. Hundreds of recipes are included in the Whole Gardener Recipe Book that will let you create your own special nutrient blend for your plants.

The complete Whole Gardener Recipe Book is only available with the purchase of the Whole Gardener Plant Nutrient Kit.

**GROW GOOD THINGS**

[www.wholegardener.com](http://www.wholegardener.com)

