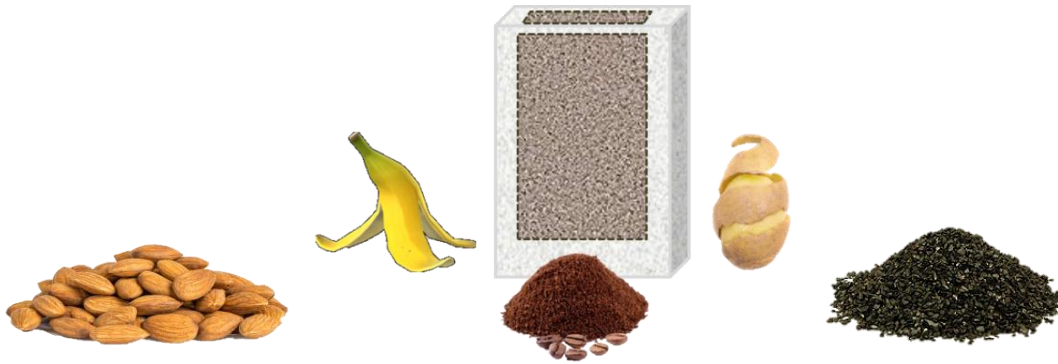




# Natural Fertilizer Options



Nutrients	Sources
Nitrogen	Dried raw seaweed, Sodium Nitrate
Phosphate	Potato Skin, Bone Meal
Potash	Straw, Glaucanite (Greensand)
Alkaline	Almonds, Lima Beans
Acidic	Black Tea, Fine-grounded coffee beans

Natural alternatives to synthetic fertilizers are not only beneficial for the environment but also yield healthy, nutritious plants and allow the soil to hold water longer (according to [kelloggarden.com](http://kelloggarden.com)). Healthy plants thrive off of nitrogen, phosphate, potash and the optimal pH values. Use the above table as a guide to cater to your plants' needs.

For example, radishes, blueberries, and strawberries grow best in slightly acidic soil so use fine-grounded coffee beans. On the other hand, broccoli, cauliflower, and lettuce prefer alkaline environments. In this case, use almonds or lima beans.

To banana and potato peels for added nutrients, first place them in the sun for 2 days to dry. Then crush the peels into small pieces and sprinkle in the soil. Or you can always buy Aqua-Pods which include our proprietary blend of natural ingredients and enjoy healthy plants!