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## Recipe for Vegetable Garden Soil Preparation and Tomato Planting

Kick-start your veggie garden with these preparation recipes and checklist from **Love Apple Farm** ([www.loveapplefarms.com](http://www.loveapplefarms.com)).

### Tomato and Vegetable Bed Preparation Recipe

(for 100 Square Feet)

- 2 cups Down-To-Earth Humic Acid or ½ cup John and Bobs Soil Optimizer
- 10 lbs. Down-To- Earth Crab Meal
- 1 lb. **Sulfate of Potash** or **Down-To-Earth GreenSand** equivalent
- 6 cu.ft. **Gardner & Bloome Organic Soil Building Compost** (2 bags)
- 4 cu.ft. **Fox Farm Soil Conditioner** (2 bags)
- 2 cu.ft. **Gardner & Bloome Composted Chicken Manure**
- 2 qts. **Worm Gold Pure Worm Castings**

### Tomato Planting Formula

(for each 2 ft. hole)

- 1 Fish Head or 1 handful **Gardner & Bloome Fish Meal**
- 2 to 3 Egg Shells or 1 handful **CalPhos**
- 1 handful (approx ¼ cup) **Down-To- Earth Bone Meal** or **Gardner & Bloome Fish Bone Meal**
- 2 handfuls (about ½ cup) **Sustane Fertilizer 4-6-4** , or **Gardner & Bloome Tomato, Vegetable & Herb Fertilizer 4-6-3** with **Mycorrhizae**
- 1 Tbl. Worm Gold Pure Worm Castings
- 2 tablets Aspirin
- 1 tsp. **MYCOS Mycorrhizae** or **Rooter's Mycorrhizae\***

*\*Can omit if using Gardner & Bloome Tomato, Vegetable & Herb Fertilizer 4-6-3 with Mycorrhizae*