



PEATLESS SEED STARTING MIX

WHY PEATLESS?

Sphagnum peat moss is a common ingredient in seed starting mixes because of its stellar water retention abilities and its lightness, which is ideal for fledgling root systems.

However, there are questions about whether peat moss can be harvested sustainably, prompting GP to look for an affordable alternative.

RECIPE

8 parts coconut coir
3 parts worm castings
2 parts perlite



INSTRUCTIONS

1. Rehydrate coconut coir. Our 10-lbs. brick used 11 gallons of hot water to rehydrate until moist and springy.
2. Measure and mix coir and worm castings.
3. Measure and mix in perlite.



PEATLESS SEED STARTING MIX

WHY PEATLESS?

Sphagnum peat moss is a common ingredient in seed starting mixes because of its stellar water retention abilities and its lightness, which is ideal for fledgling root systems.

However, there are questions about whether peat moss can be harvested sustainably, prompting GP to look for an affordable alternative.

RECIPE

8 parts coconut coir
3 parts worm castings
2 parts perlite



INSTRUCTIONS

1. Rehydrate coconut coir. Our 10-lbs. brick used 11 gallons of hot water to rehydrate until moist and springy.
2. Measure and mix coir and worm castings.
3. Measure and mix in perlite.



PEATLESS SEED STARTING MIX

WHY PEATLESS?

Sphagnum peat moss is a common ingredient in seed starting mixes because of its stellar water retention abilities and its lightness, which is ideal for fledgling root systems.

However, there are questions about whether peat moss can be harvested sustainably, prompting GP to look for an affordable alternative.

RECIPE

8 parts coconut coir
3 parts worm castings
2 parts perlite



INSTRUCTIONS

1. Rehydrate coconut coir. Our 10-lbs. brick used 11 gallons of hot water to rehydrate until moist and springy.
2. Measure and mix coir and worm castings.
3. Measure and mix in perlite.

OUR SHOPPING LIST

Ordered on Amazon.com:

10-lbs. brick coconut coir
\$17.68 each

30-lbs. bags worm castings
\$28.87 each

Bought at Home Depot:

8-quart bags perlite, \$4.78 each

Note: Coir and castings were available on Amazon in smaller quantities.

NOTES

This recipe is just a guide. The end goal is a light, moist mix that clumps in your hand when squeezed, but crumbles apart easily. If you find your mix seems off (too clumpy, too dry, etc.), slowly make adjustments by adding more of one of the ingredients. Water and worm castings will help bind while perlite

and coconut coir will help loosen.

We hope you have fun making your peatless, soilless seed starting mix and that you'll let us know how your seedlings grow!

Happy gardening!



www.growingplaces.org



OUR SHOPPING LIST

Ordered on Amazon.com:

10-lbs. brick coconut coir
\$17.68 each

30-lbs. bags worm castings
\$28.87 each

Bought at Home Depot:

8-quart bags perlite, \$4.78 each

Note: Coir and castings were available on Amazon in smaller quantities.

NOTES

This recipe is just a guide. The end goal is a light, moist mix that clumps in your hand when squeezed, but crumbles apart easily. If you find your mix seems off (too clumpy, too dry, etc.), slowly make adjustments by adding more of one of the ingredients. Water and worm castings will help bind while perlite

and coconut coir will help loosen.

We hope you have fun making your peatless, soilless seed starting mix and that you'll let us know how your seedlings grow!

Happy gardening!



www.growingplaces.org



OUR SHOPPING LIST

Ordered on Amazon.com:

10-lbs. brick coconut coir
\$17.68 each

30-lbs. bags worm castings
\$28.87 each

Bought at Home Depot:

8-quart bags perlite, \$4.78 each

Note: Coir and castings were available on Amazon in smaller quantities.

NOTES

This recipe is just a guide. The end goal is a light, moist mix that clumps in your hand when squeezed, but crumbles apart easily. If you find your mix seems off (too clumpy, too dry, etc.), slowly make adjustments by adding more of one of the ingredients. Water and worm castings will help bind while perlite

and coconut coir will help loosen.

We hope you have fun making your peatless, soilless seed starting mix and that you'll let us know how your seedlings grow!

Happy gardening!



www.growingplaces.org

