



Lisa Ziegler's Recipe

Vegetables Love Flowers

For 20 cups (makes approximately 500 mini 3/4" blocks or 36 of the 2" blocks):

- 16 cups sifted peat moss or coco fibre
- 4 cups sifted compost
- 1/4 cup greensand
- 1/4 cup rock phosphate powder

Mix ingredients dry, then mix 3 parts dry mixture to 1 part water.