

How to Feed your Plants

From Foodshare Toronto
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Along with sun, water and soil, plants need **NUTRIENTS** to truly thrive! Most of our soils don't quite have enough of what our plants need to grow up big and strong, so here's some tips on how to feed them throughout their life cycle!



Compost: Compost, whether it's animal waste or decomposed organic matter, has a great general mix of nutrients to offer your plants. Once in the spring and once in the fall, add a 1 inch thick layer of compost to your whole garden bed/container, and turn it in to the soil. Throughout the season, you can add compost around the base of each plant, 1-2x month.



Foliar Spray: Did you know plants can take in nutrients through their leaves as well as their roots? It's true! Nutritious foliar spray (made from either seaweed or fish) is a space saving way to feed your plants, as you only need a little bottle of it to last all season. There are general nutrient foliar sprays and specific ones for plants like tomatoes. Use to spray on 1 month old seedlings and plants 1x week throughout the season.



Soil/Nutritional Amendments: There are many products that are made to help deliver specific nutrients that plants are often lacking. 3 common ones are Epsom Salt Spray for Magnesium (will make your plants GREEN!), Blood Meal for nitrogen, Bone Meal for phosphorous, and Lime to help raise the Ph level of acidic soil.



Companion Crops/Cover Crops: There are many companion and/or crops you can plant along side your plants throughout the growing season, or at the beginning or end of the year to help add nutrients to your soil. Anything in the legume family takes nitrogen from the air and fixes it into the soil. CLOVER is a great crop to plant alongside/underneath your other plants to help support healthy, nitrogen rich soil.