

Making CVG Substrate

Ingredients

- **Coco Coir** - 650g brick
 - Avoid anything intended for gardening as these are often deliberately contaminated with Trichoderma and treated with salt. Instead, use coir intended for reptiles as these are free from both these potential issues. Brands such as Eco Earth and Coco Bliss are recommended.
- **Vermiculite** - 8 cups
- **Gypsum** - 1 cup
- **Water** - 18 cups

Supplies

- **5 Gallon Bucket w/ Lid**
- **Power Drill**
- **Mud Mixer Bit**

Directions

1. Fill **5 Gallon Bucket** with **Coco Coir** and **Vermiculite**.
2. Boil **water**, then add to **bucket**.
3. Add lid to **bucket**, allow 5 minutes for water to absorb, then add **Gypsum**.
4. Open **bucket** and mix thoroughly with **Power Drill** and **Mud Mixer Bit**. Replace lid.
5. Cover **bucket** with towels or blankets, and allow to cool. Once cool, substrate is ready to use.