Transcript: EXPOSING 6 FREE Fertilizers that will RUIN Big Pharma | (How I Never BUY Fertilizer for my Garden)

Video ID: y-q7iMoLO9Y

Extraction Date: 2025-04-02 06:46:46

**[00:00:00]** foreign

**[00:00:03]** [Music]

**[00:00:07]** [Applause]

**[00:00:08]** [Music]

**[00:00:13]** by the time this video is over you'll

**[00:00:16]** never have to purchase store-bought

**[00:00:17]** fertilizers for your garden ever again

**[00:00:19]** in fact I'm gonna toss in why every

**[00:00:21]** Gardener should stay clear of chemical

**[00:00:23]** fertilizers and dive into homemade

**[00:00:25]** Alternatives instead I get it synthetic

**[00:00:26]** fertilizers promise fast results but you

**[00:00:28]** really want to say no to those chemical

**[00:00:30]** conundrums for three good reasons first

**[00:00:33]** this Garden gold can be found on what

**[00:00:34]** you think are your kitchen scraps or

**[00:00:36]** your yard waste that's why I've got six

**[00:00:38]** fertilizer recipes that provide the six

**[00:00:39]** primary growing nutrients and they won't

**[00:00:41]** cost you a penny to make these are the

**[00:00:43]** only fertilizers that I use in my garden

**[00:00:45]** and have you seen the results I get

**[00:00:47]** every year

**[00:00:52]** I am so excited to show you how to make

**[00:00:54]** your own bone meal fish Emulsion

**[00:00:57]** all-purpose mpk fertilizer so you can

**[00:01:00]** stop buying Miracle Grow along with a

**[00:01:02]** calcium potassium phosphorus and

**[00:01:04]** nitrogen supplement you want to know why

**[00:01:06]** I and you should start making your own

**[00:01:08]** fertilizers because buying them is a

**[00:01:10]** reoccurring cost that if you don't start

**[00:01:11]** making your own you'll absolutely be

**[00:01:13]** shelling out that cost every single year

**[00:01:16]** at whatever the going price or

**[00:01:17]** availability is no thanks instead the

**[00:01:20]** only yearly cost of my garden are a few

**[00:01:22]** seed packets that I can't resist because

**[00:01:24]** I'm starting to save more of my seeds a

**[00:01:26]** few bags of potting soil for my

**[00:01:28]** seedlings watering that's it I'll touch

**[00:01:31]** more on this in a bit but chemical

**[00:01:32]** fertilizers work against what healthy

**[00:01:35]** soil does all on its own when it's

**[00:01:37]** enriched with bacterias and microbes

**[00:01:40]** that live in the soil now the fertilizer

**[00:01:41]** recipes that I'm going to share are

**[00:01:43]** mostly in powdered form because they're

**[00:01:45]** easier to store they're less messy to

**[00:01:47]** work with there's no smell but you can

**[00:01:50]** turn them into a liquid if that's what

**[00:01:52]** you want okay okay so let's jump to the

**[00:01:53]** recipes but first you're going to need

**[00:01:55]** two things a dehydrator and a blender

**[00:01:57]** and listen it's preferable if you get

**[00:01:59]** both at the thrift store you won't need

**[00:02:01]** a fancy dehydrator the one that I'm

**[00:02:03]** using is one that I picked up at a yard

**[00:02:04]** sale a couple of years ago for like five

**[00:02:06]** bucks it's the Nesco brand you're also

**[00:02:09]** gonna need a blender you'll want this

**[00:02:10]** blender to be one that you'll only use

**[00:02:12]** for your garden creations and not the

**[00:02:14]** same one you make for food you plan to

**[00:02:16]** eat I'm using an old blender that has

**[00:02:18]** some cosmetic wear but the blade is

**[00:02:20]** still sharp and the motor is strong I'm

**[00:02:22]** so glad I stopped making banana peel tea

**[00:02:25]** and replaced it with banana peel powder

**[00:02:27]** with this recipe you don't have to deal

**[00:02:29]** with straining out the stringy things or

**[00:02:31]** attracting gnats to the garden with the

**[00:02:33]** overly sweet smell banana peels

**[00:02:35]** predominantly contain potassium which is

**[00:02:37]** the nutrient that promotes flowering

**[00:02:39]** fruiting and overall plant figure now I

**[00:02:41]** just toss those peels on the dehydrator

**[00:02:43]** and blend them up let me show you how

**[00:02:45]** fast this fertilizer comes together

**[00:02:46]** oftentimes grocery stores reduce the

**[00:02:48]** price of very ripe bananas like these

**[00:02:51]** and I always snag if you clusters and

**[00:02:53]** then I peel them and cut the peels into

**[00:02:56]** smaller sizes that will fit flat on my

**[00:02:58]** dehydrator racks

**[00:03:00]** as you place your peels on the racks be

**[00:03:03]** sure to space them out a bit so that

**[00:03:05]** they have sufficient airflow and will

**[00:03:07]** dry evenly stack your dehydrator racks

**[00:03:10]** and set the temperature to 115 degrees

**[00:03:12]** for four to eight hours or until dry the

**[00:03:16]** Aromas this releases is going to make

**[00:03:18]** your home smell like banana bread I'm

**[00:03:20]** not kidding you'll know the peels are

**[00:03:22]** finished when the Skins turn dark brown

**[00:03:24]** and snap when bent

**[00:03:26]** transfer your dried peels to the blender

**[00:03:29]** and pulverize it'll only take a few

**[00:03:31]** seconds

**[00:03:35]** [Music]

**[00:03:37]** here's your potassium-rich banana peel

**[00:03:40]** powder I'm removing some of the stringy

**[00:03:42]** bits before I move them to a container

**[00:03:46]** [Music]

**[00:03:47]** while you can absolutely repurpose glass

**[00:03:50]** jars I prefer to use plastic since I

**[00:03:52]** have pets and I want to avoid any chance

**[00:03:54]** of broken glass in my garden I found

**[00:03:57]** these airtight stacking bins that are

**[00:03:59]** clear so I can easily monitor the

**[00:04:01]** quantity that I have and they have a

**[00:04:04]** locking lid to keep things fresh and dry

**[00:04:06]** this pack of four also came with labels

**[00:04:09]** a wet erase marker and four one cup

**[00:04:13]** Scoops that have a sizable handle for

**[00:04:15]** easy hands-free collection

**[00:04:17]** your banana peel powder will maintain

**[00:04:20]** Peak freshness for at least six months

**[00:04:22]** when stored in an airtight container

**[00:04:23]** banana peels are also unique because

**[00:04:25]** they do not contain nitrogen which makes

**[00:04:28]** them ideal for plants like peppers

**[00:04:30]** cucumbers radishes Tomatoes blueberries

**[00:04:33]** roses hibiscus fruit trees spinach

**[00:04:36]** lettuce Swiss chard and so much more

**[00:04:38]** store-bought fertilizers often contain

**[00:04:40]** too much nitrogen and can cause

**[00:04:42]** tremendous leafy growth but don't really

**[00:04:44]** help much with flowers and fruits now

**[00:04:46]** honey if you've never been in my home

**[00:04:47]** before there's no such thing as a guest

**[00:04:49]** so instead of letting it cozy I showed

**[00:04:51]** you how to use the peels but now I want

**[00:04:52]** to show you how to store the actual

**[00:04:53]** bananas along with a tasty recipe do you

**[00:04:56]** know what this is It's called The

**[00:04:58]** Farmer's Almanac if you've never heard

**[00:05:00]** of it it's a periodical that has been in

**[00:05:01]** continuous publication in the state

**[00:05:03]** since 1818. it's a mix of weather

**[00:05:05]** predictions home remedies and gardening

**[00:05:07]** advice the recipe contest winners were

**[00:05:09]** banana themed and the easy sticky banana

**[00:05:11]** squares caught my eye these taste like a

**[00:05:13]** mashup between banana pudding and an

**[00:05:16]** ooey gooey Rice Krispie treat let me

**[00:05:17]** tell just a few seconds to show you how

**[00:05:19]** fast this recipe comes together but you

**[00:05:21]** can also feel free to skip to the next

**[00:05:22]** DIY recipe at the time stamp on your

**[00:05:25]** screen I prefer to use parchment or wax

**[00:05:28]** paper to individually wrap them and then

**[00:05:31]** stick them in the freezer so that when I

**[00:05:32]** want to grab one or two to toss into a

**[00:05:35]** smoothie all I have to do is cut the wax

**[00:05:37]** paper to get the bananas Out

**[00:05:41]** start by taking a baking dish and

**[00:05:44]** combine flour brown sugar and softened

**[00:05:47]** butter mix until crumbly and then press

**[00:05:50]** down and bake for 15 minutes

**[00:05:54]** next cut four medium bananas into a

**[00:05:57]** quarter inch slices and then in a

**[00:05:59]** non-stick saucepan melt butter and add

**[00:06:02]** marshmallows and then stir until melted

**[00:06:06]** cut the heat and stir in the bananas

**[00:06:08]** [Music]

**[00:06:11]** please spread the mix over the crust and

**[00:06:13]** then allow this to cool completely

**[00:06:15]** before slicing into squares

**[00:06:22]** [Music]

**[00:06:26]** oh wow

**[00:06:27]** this tastes dangerously close to banana

**[00:06:30]** pudding yeah you got like the crumb

**[00:06:32]** which resembles the cookie and then you

**[00:06:34]** have the sweetness from all these

**[00:06:35]** marshmallows and then these very ripe

**[00:06:38]** bananas

**[00:06:39]** oh this is uh this is decadent whole new

**[00:06:43]** eggshells could be Garden Heroes they're

**[00:06:45]** like calcium powerhouses for your plants

**[00:06:47]** making your stems sturdy and your

**[00:06:49]** veggies tasty when you have enough

**[00:06:51]** calcium in your soil it helps prevent

**[00:06:52]** diseases and disorders such as blossom

**[00:06:54]** end rot in your tomatoes and your

**[00:06:57]** peppers so let me show you how to make

**[00:06:58]** your own calcium powder using an

**[00:07:00]** ingredient that's likely already on your

**[00:07:02]** grocery list I keep my eggshells in a

**[00:07:04]** bag in the fridge until I have enough

**[00:07:05]** for this project but y'all would have

**[00:07:08]** been in my kitchen before know that I

**[00:07:09]** love to stock up on eggs by freezing

**[00:07:11]** them and if you aren't already doing

**[00:07:13]** this get on it use an ice cube tray to

**[00:07:16]** store one egg being sure to beat it up

**[00:07:19]** to whip in some of the air and then just

**[00:07:21]** stick them in the freezer after they

**[00:07:24]** froze in you can use these eggs for

**[00:07:26]** scrambled eggs or in baking dishes let

**[00:07:29]** the eggs melt at room temperature and

**[00:07:31]** then prepare them as you normally would

**[00:07:33]** look at the results you'll get

**[00:07:36]** [Music]

**[00:07:51]** thank you

**[00:07:54]** foreign

**[00:07:54]** [Music]

**[00:08:07]** taste test if you told your kids or your

**[00:08:09]** spouse to compare which egg was fresh

**[00:08:11]** and which one was frozen honey they

**[00:08:13]** couldn't do it and if they did it'd be

**[00:08:15]** sheer luck okay here's the eggshell

**[00:08:16]** recipe be sure the eggshells are rinsed

**[00:08:19]** before you toss them into your blender

**[00:08:20]** then just grind them up

**[00:08:24]** [Music]

**[00:08:29]** all right here's your calcium powder my

**[00:08:32]** shelves weren't completely dried and it

**[00:08:34]** was a nice day so I sat them outside to

**[00:08:37]** dry in the Sun for a bit your finished

**[00:08:39]** product will look similar to this the

**[00:08:41]** color may be different depending on the

**[00:08:42]** color of your eggshells eggshell powder

**[00:08:45]** has a long shelf life and will keep for

**[00:08:47]** at least eight months and Beyond

**[00:08:52]** see freezing your eggs is a perfectly

**[00:08:54]** practical way to stock up on eggs that

**[00:08:56]** you can eat and shells that you can use

**[00:08:58]** for your fertilizer if this is our first

**[00:09:00]** time meeting hi I'm Cassandra from the

**[00:09:01]** blog becoming a farmgirl.com I'm here to

**[00:09:04]** help you start learning homesteading

**[00:09:05]** skills like canning and gardening in a

**[00:09:06]** small space and in your spare time don't

**[00:09:08]** worry about writing anything down you

**[00:09:10]** can find all of today's fertilizer

**[00:09:11]** recipes and the coordinating blog post

**[00:09:13]** my kitchen and garden are two sides of

**[00:09:15]** the same coin and if that describes you

**[00:09:16]** too you will love my pantry chats here

**[00:09:18]** on the channel thanks to four green

**[00:09:20]** stock vertical Planters I'm growing over

**[00:09:21]** 120 vegetables and herbs just on a

**[00:09:24]** townhouse deck you can use my code be a

**[00:09:26]** farm girl to take ten dollars off your

**[00:09:28]** order alright Coffee enthusiasts listen

**[00:09:30]** up those leftover grounds aren't just

**[00:09:32]** for your morning cup of joe coffee

**[00:09:33]** grounds are especially rich in nitrogen

**[00:09:36]** and also contain other nutrients like

**[00:09:38]** potassium and phosphorus so whether you

**[00:09:40]** enjoy a light or dark roast coarse

**[00:09:43]** finely ground or anything in between the

**[00:09:46]** coffee that you choose really depends on

**[00:09:48]** what you enjoy Brewing all types of

**[00:09:50]** coffee are good for your garden just

**[00:09:51]** stick with plain unflavored grounds I

**[00:09:54]** have a medium roast French Press kind of

**[00:09:56]** gal so that's what my garden gets keep

**[00:09:59]** your used coffee grounds double bagged

**[00:10:01]** in your fridge and every few weeks just

**[00:10:03]** toss them on your dehydrator now if you

**[00:10:05]** only have one silicone dehydrator tray

**[00:10:07]** like I do make your own with parchment

**[00:10:09]** paper like I did here

**[00:10:11]** spread your grounds around and dehydrate

**[00:10:14]** them at 115 degrees for four to six

**[00:10:16]** hours or until dry

**[00:10:21]** the smell of coffee dehydrating is one

**[00:10:24]** of the best there is yeah it's literally

**[00:10:26]** like stepping into a coffee shop heck

**[00:10:28]** I've been known to intentionally

**[00:10:29]** dehydrate use coffee grounds when

**[00:10:31]** company comes over because it is a

**[00:10:33]** delicious smell and a toxic free

**[00:10:35]** fragrance

**[00:10:40]** move them to an airtight container and

**[00:10:42]** they're ready to use while coffee is

**[00:10:44]** great too much of a good thing also

**[00:10:46]** applies to coffee grounds in your garden

**[00:10:47]** since coffee grounds are acidic darling

**[00:10:50]** you've got to practice some restraint

**[00:10:51]** when adding them to your soil stop at 15

**[00:10:54]** to 20 percent of your soil's total

**[00:10:56]** volume giving preference to your acidic

**[00:10:58]** loving plants like hydrangeas and

**[00:11:00]** blueberries or root crops like carrots

**[00:11:02]** and radishes which respond well to

**[00:11:04]** acidity

**[00:11:07]** in all those decisions you make in life

**[00:11:08]** when you look back and you're like

**[00:11:10]** what was I thinking that's my reaction

**[00:11:13]** when I remember that I used to buy bone

**[00:11:15]** meal which is the ground bones of

**[00:11:17]** livestock normally beef or chicken was I

**[00:11:20]** really buying bones just bones with no

**[00:11:23]** meat to haul it out back and dump in the

**[00:11:26]** dirt meanwhile I was throwing the bones

**[00:11:28]** of the big chicken thighs that I made

**[00:11:29]** for dinner in the trash

**[00:11:31]** [Music]

**[00:11:32]** exactly it made no sense luckily I have

**[00:11:36]** come to my senses and now I take any

**[00:11:37]** bone that comes in this house and I put

**[00:11:40]** it in a bag and tuck it in the freezer

**[00:11:41]** now when I'm good and ready I have the

**[00:11:43]** sole ingredient to make bone meal for

**[00:11:45]** free and so can you bear with me as I

**[00:11:48]** explain the benefits of bone meal for us

**[00:11:49]** regular gardeners the gist is that bone

**[00:11:52]** meal is like

**[00:11:54]** uh it's like a southern sundae brunch

**[00:11:57]** for your plants and I'm talking about

**[00:11:58]** the converse you ain't in no rush you're

**[00:12:00]** just at the table slowly grazing maybe

**[00:12:03]** enjoying a mimosa bone meal is a slow

**[00:12:05]** release fertilizer that regularly

**[00:12:07]** puckers out phosphorus and is really

**[00:12:09]** good for root growth and flowering I

**[00:12:12]** also stash on my bones because I enjoy

**[00:12:13]** canning my own bone broths I've got some

**[00:12:16]** ham bones from Easter and my beef bones

**[00:12:17]** from this past winter use any kind of

**[00:12:20]** bones you have beef bones and ham bones

**[00:12:22]** are more dense than chicken or turkey

**[00:12:24]** bones which means it'll take longer to

**[00:12:26]** cook than if you're just using chicken

**[00:12:27]** parts like legs and thighs but denser

**[00:12:30]** bones also yield a higher concentration

**[00:12:32]** of minerals and collagen all right

**[00:12:34]** here's what I'm working with another

**[00:12:36]** batch like this later on in the season

**[00:12:37]** will be enough bone meal for my garden

**[00:12:39]** all year grab your pressure cooker

**[00:12:41]** completely cover the bones in Water by

**[00:12:43]** at least two inches and then start

**[00:12:46]** pressure cooking for two hours usually

**[00:12:48]** that's long enough but since my bones

**[00:12:50]** were so thick I did three two hour

**[00:12:52]** sessions the quantity and density of

**[00:12:55]** your bones will determine how long

**[00:12:57]** you'll need to pressure cook but you

**[00:12:58]** can't overcook your bones so don't

**[00:13:00]** stress the bones will come out very

**[00:13:02]** tender so tender that you can cut them

**[00:13:04]** with regular kitchen scissors I like to

**[00:13:06]** give my bones time to dry out a bit so I

**[00:13:08]** just lay them on a cloth for a few hours

**[00:13:11]** once dried grab your scissors again and

**[00:13:13]** with light pressure your bones will

**[00:13:15]** start to crumble take a look at how

**[00:13:17]** easily these beef bones fall apart like

**[00:13:20]** I said you'll never want to pay for bone

**[00:13:22]** meal again after realizing that you can

**[00:13:25]** make it this easily at home

**[00:13:28]** let me show you a few more bones so that

**[00:13:30]** you have the confidence that you can do

**[00:13:31]** this at home too start sticking those

**[00:13:34]** bones in the freezer so that you can

**[00:13:35]** make your own bone meal

**[00:13:40]** [Music]

**[00:13:48]** even if you have a few stubborn bones

**[00:13:51]** here's what you'll do collect all of

**[00:13:54]** your bones and then put them into a bag

**[00:13:56]** and then I want you to grab a cast iron

**[00:13:58]** skillet and take everything outside I'm

**[00:14:01]** on my front porch and underneath this

**[00:14:03]** mat is a slab of concrete you're going

**[00:14:05]** to wrap those bones with a towel and

**[00:14:07]** then you use the skillet to break down

**[00:14:08]** those stubborn bones a few wax is all

**[00:14:11]** you need

**[00:14:12]** after that's done dump your crush bones

**[00:14:14]** into the blender and pulse them see how

**[00:14:16]** easy that was this is such an easy way

**[00:14:18]** to get bone meal but you'll never buy

**[00:14:20]** that overpriced stuff again since we

**[00:14:22]** want to store our bone meal as a shelf

**[00:14:24]** stable ingredient we need to make sure

**[00:14:26]** that it's completely dry you'll likely

**[00:14:28]** need to toss it onto a dehydrator rack

**[00:14:30]** for another hour or two and that's what

**[00:14:32]** you see me doing here

**[00:14:33]** [Music]

**[00:14:39]** once it's dry to the touch transfer your

**[00:14:41]** homemade bone meal into an airtight

**[00:14:42]** container voila you've got bone meal

**[00:14:45]** from your kitchen scraps you should

**[00:14:46]** apply bone meal at the time you set out

**[00:14:48]** your plants or bulbs for potted plants

**[00:14:50]** mix it no more than a heaping tablespoon

**[00:14:52]** per pot a soil test will help you

**[00:14:54]** determine whether plants actually need

**[00:14:56]** more phosphorus or just a more

**[00:14:57]** consistent watering schedule so apply

**[00:14:59]** this fertilizer only to soils that show

**[00:15:01]** a deficiency and then stop applying once

**[00:15:03]** that deficiency has been corrected let's

**[00:15:05]** Harvest some parsley and rosemary from

**[00:15:07]** the garden and head to the kitchen

**[00:15:08]** because once I figured out that I can

**[00:15:10]** make my own bone meal honey I got all

**[00:15:13]** excited and realized I could also start

**[00:15:16]** making my own fish meal which is another

**[00:15:18]** expensive fertilizer to buy so now I am

**[00:15:22]** at the market I'll buy whole fish

**[00:15:24]** knowing that I can use the bones and the

**[00:15:27]** head fins and tail to make my own fish

**[00:15:30]** fertilizer and also enjoy a good dinner

**[00:15:32]** fish makes a very good natural

**[00:15:34]** fertilizer for nitrogen and trace

**[00:15:37]** minerals and actually many gardeners

**[00:15:39]** will bury portions of fish just directly

**[00:15:42]** in the ground in their garden beds but

**[00:15:44]** since I want to avoid attracting pests

**[00:15:46]** or animals to my garden since I live in

**[00:15:48]** a townhouse and have neighbors I have

**[00:15:51]** found that this dehydrated and ground

**[00:15:52]** recipe is best for now and oh if you

**[00:15:56]** don't enjoy eating fish or prefer not to

**[00:15:58]** buy whole fish I've got a recipe that'll

**[00:16:01]** work for you right after this one

**[00:16:04]** [Music]

**[00:16:06]** after the fish is cooked transfer the

**[00:16:09]** non-season part so the head and the tail

**[00:16:11]** and the innards to the dehydrator I made

**[00:16:14]** up this fish pasta recipe so I don't

**[00:16:17]** exactly know what to call it but I used

**[00:16:19]** lots of Mediterranean flavors y'all it

**[00:16:22]** came out so good after the fish parts

**[00:16:25]** were dried I dropped everything into the

**[00:16:27]** blender to grind it into a powder and

**[00:16:30]** here's what your first version of fish

**[00:16:31]** meal looks like but I'll also show you a

**[00:16:34]** second option as you can see from skin

**[00:16:36]** to thin you won't toss anything into the

**[00:16:38]** trash when you start to realize how

**[00:16:39]** valuable your kitchen scraps are your

**[00:16:41]** homemade version will be free of

**[00:16:43]** chemical preservatives such as

**[00:16:44]** formaldehyde that big brands use fish

**[00:16:46]** meal is best kept in a cool dry Place

**[00:16:49]** protected from rodents and birds and

**[00:16:51]** will keep for over a year without

**[00:16:52]** detectable change and nutritional value

**[00:16:54]** or spoilage

**[00:16:55]** you can also use several packs of

**[00:16:57]** sardines or anchovies to make a faster

**[00:17:00]** version of fish meal the method that

**[00:17:01]** you'll use is similar to what I just

**[00:17:03]** shared except that you'll want to make

**[00:17:05]** sure that if the fish is packed in oil

**[00:17:07]** try to rinse off as much oil as possible

**[00:17:09]** so that the final product won't go

**[00:17:11]** rancid on you as quickly I usually soak

**[00:17:14]** and rinse my sardines and anchovies a

**[00:17:16]** few times before I place it on the

**[00:17:18]** dehydrator

**[00:17:18]** [Music]

**[00:17:24]** after this transfer everything to

**[00:17:26]** parchment covered dehydrator trays since

**[00:17:28]** the smell is kind of strong I took my

**[00:17:31]** dehydrator outside to finish drying and

**[00:17:34]** that's where you're going to want to

**[00:17:35]** dehydrate everything at 155 degrees for

**[00:17:38]** two hours and then you'll reduce the

**[00:17:40]** temperature to 140 degrees for four more

**[00:17:43]** hours or until the fish is Thoroughly

**[00:17:46]** dried

**[00:17:48]** this meal is recommended for vegetable

**[00:17:50]** gardens flower beds and all types of

**[00:17:52]** outdoor plants to use it you'll sprinkle

**[00:17:55]** the fish meal around on the soil surface

**[00:17:57]** and then use your hand or a tool to

**[00:17:59]** scratch the meal into the top few inches

**[00:18:01]** of your soil to get down to where the

**[00:18:03]** microbes are it takes about 30 to 60

**[00:18:05]** days to break down making it a good slow

**[00:18:08]** release source of nitrogen phosphorus

**[00:18:10]** and potassium are you ready for the

**[00:18:12]** ingredient that will replace Miracle

**[00:18:14]** Grow in your garden better yet you can

**[00:18:16]** make this for free in less than a minute

**[00:18:18]** this recipe is known as jadam leaf mold

**[00:18:21]** which is a naturally potent fertilizer

**[00:18:23]** you'll need three main ingredients the

**[00:18:25]** first is organic materials such as

**[00:18:27]** grasses wild plants leftover crop

**[00:18:30]** material or backyard weeds from your

**[00:18:32]** fire pit area

**[00:18:34]** the second ingredient is leaf mold which

**[00:18:36]** you can collect in any forested area

**[00:18:38]** like a park playground or hiking trail

**[00:18:40]** but I have a few trees behind my home as

**[00:18:43]** the name suggests leaf mold is the dark

**[00:18:45]** soft fluffy soil-like material substance

**[00:18:47]** usually found under piles of decaying

**[00:18:49]** leaves or logs Leaf mode opens up the

**[00:18:52]** soil and acts as a natural soil

**[00:18:54]** conditioner making it easier for roots

**[00:18:56]** to grow and adds fungi carbon and other

**[00:18:58]** mineral amendments you don't need to be

**[00:19:00]** choosy about your leaves your last

**[00:19:02]** ingredient is unchlorinated water which

**[00:19:04]** you'll add to your bucket until it

**[00:19:06]** covers everything you don't need to stir

**[00:19:08]** the mixture just submerge the materials

**[00:19:10]** if they start to float to the top now

**[00:19:12]** all you do at this point is just place a

**[00:19:14]** lid on the bucket date and label your

**[00:19:17]** container and be patient it's in the

**[00:19:19]** hands of the microbes now if you use

**[00:19:21]** fast growing wild plants such as

**[00:19:23]** purslane or stinging nettles or comfrey

**[00:19:26]** you can start using the fertilizer in as

**[00:19:28]** little as 10 days but if not just wait

**[00:19:30]** for 20 to 25 days

**[00:19:32]** [Music]

**[00:19:34]** once you've made your jadam liquid

**[00:19:35]** fertilizer use a half cup per gallon of

**[00:19:37]** water to feed your plants with or mix it

**[00:19:40]** with two parts water and one part jlf

**[00:19:42]** since I'm exclusively a vertical

**[00:19:44]** Gardener and my garden size is

**[00:19:46]** manageable I like to use these easy to

**[00:19:48]** hold eight ounce dispensing bottles that

**[00:19:50]** come with measurement marks so that no

**[00:19:52]** matter what fertilizer I'm making I can

**[00:19:54]** quickly figure out my ratios they come

**[00:19:56]** with labels and a chalk pen but since I

**[00:19:59]** store these outside masking tape and a

**[00:20:01]** permanent marker work better I love how

**[00:20:04]** I can take my bottle and then directly

**[00:20:06]** fertilize different planter pockets in

**[00:20:08]** my greens dog and as you can tell my

**[00:20:11]** garden loves these fertilizers and I

**[00:20:13]** love that I can get great results using

**[00:20:15]** fertilizer sourced for my kitchen scraps

**[00:20:17]** and backyard

**[00:20:21]** every garden needs manure and a regular

**[00:20:24]** supply of it and even as Homestead

**[00:20:26]** dreamers without land or lifestyle can

**[00:20:28]** get regular access to potent poo without

**[00:20:29]** relying on garden centers baby doll it's

**[00:20:32]** time to get yourself some worms and

**[00:20:34]** start a worm bin starting a worm bin

**[00:20:35]** that you can keep inside or out is super

**[00:20:37]** easy because the worms do all of the

**[00:20:39]** work I'll link to a video where I show

**[00:20:41]** you how to make your own worm bin so

**[00:20:43]** that you can get what gardeners call

**[00:20:44]** Black Gold or worm castings which feed

**[00:20:47]** beneficial soil microorganisms that

**[00:20:49]** produce store and slowly release

**[00:20:51]** nutrients into your soil to feed your

**[00:20:53]** plants if you haven't seen how I grow

**[00:20:55]** over 120 vegetables and herbs using

**[00:20:58]** intensive vertical gardening click the

**[00:21:00]** video on your screen I'll see you in my

**[00:21:02]** kitchen or garden soon take care friends

**[00:21:05]** [Music]

**[00:21:07]** foreign

# Full Text (without timestamps)

foreign [Music] [Applause] [Music] by the time this video is over you'll never have to purchase store-bought fertilizers for your garden ever again in fact I'm gonna toss in why every Gardener should stay clear of chemical fertilizers and dive into homemade Alternatives instead I get it synthetic fertilizers promise fast results but you really want to say no to those chemical conundrums for three good reasons first this Garden gold can be found on what you think are your kitchen scraps or your yard waste that's why I've got six fertilizer recipes that provide the six primary growing nutrients and they won't cost you a penny to make these are the only fertilizers that I use in my garden and have you seen the results I get every year I am so excited to show you how to make your own bone meal fish Emulsion all-purpose mpk fertilizer so you can stop buying Miracle Grow along with a calcium potassium phosphorus and nitrogen supplement you want to know why I and you should start making your own fertilizers because buying them is a reoccurring cost that if you don't start making your own you'll absolutely be shelling out that cost every single year at whatever the going price or availability is no thanks instead the only yearly cost of my garden are a few seed packets that I can't resist because I'm starting to save more of my seeds a few bags of potting soil for my seedlings watering that's it I'll touch more on this in a bit but chemical fertilizers work against what healthy soil does all on its own when it's enriched with bacterias and microbes that live in the soil now the fertilizer recipes that I'm going to share are mostly in powdered form because they're easier to store they're less messy to work with there's no smell but you can turn them into a liquid if that's what you want okay okay so let's jump to the recipes but first you're going to need two things a dehydrator and a blender and listen it's preferable if you get both at the thrift store you won't need a fancy dehydrator the one that I'm using is one that I picked up at a yard sale a couple of years ago for like five bucks it's the Nesco brand you're also gonna need a blender you'll want this blender to be one that you'll only use for your garden creations and not the same one you make for food you plan to eat I'm using an old blender that has some cosmetic wear but the blade is still sharp and the motor is strong I'm so glad I stopped making banana peel tea and replaced it with banana peel powder with this recipe you don't have to deal with straining out the stringy things or attracting gnats to the garden with the overly sweet smell banana peels predominantly contain potassium which is the nutrient that promotes flowering fruiting and overall plant figure now I just toss those peels on the dehydrator and blend them up let me show you how fast this fertilizer comes together oftentimes grocery stores reduce the price of very ripe bananas like these and I always snag if you clusters and then I peel them and cut the peels into smaller sizes that will fit flat on my dehydrator racks as you place your peels on the racks be sure to space them out a bit so that they have sufficient airflow and will dry evenly stack your dehydrator racks and set the temperature to 115 degrees for four to eight hours or until dry the Aromas this releases is going to make your home smell like banana bread I'm not kidding you'll know the peels are finished when the Skins turn dark brown and snap when bent transfer your dried peels to the blender and pulverize it'll only take a few seconds [Music] here's your potassium-rich banana peel powder I'm removing some of the stringy bits before I move them to a container [Music] while you can absolutely repurpose glass jars I prefer to use plastic since I have pets and I want to avoid any chance of broken glass in my garden I found these airtight stacking bins that are clear so I can easily monitor the quantity that I have and they have a locking lid to keep things fresh and dry this pack of four also came with labels a wet erase marker and four one cup Scoops that have a sizable handle for easy hands-free collection your banana peel powder will maintain Peak freshness for at least six months when stored in an airtight container banana peels are also unique because they do not contain nitrogen which makes them ideal for plants like peppers cucumbers radishes Tomatoes blueberries roses hibiscus fruit trees spinach lettuce Swiss chard and so much more store-bought fertilizers often contain too much nitrogen and can cause tremendous leafy growth but don't really help much with flowers and fruits now honey if you've never been in my home before there's no such thing as a guest so instead of letting it cozy I showed you how to use the peels but now I want to show you how to store the actual bananas along with a tasty recipe do you know what this is It's called The Farmer's Almanac if you've never heard of it it's a periodical that has been in continuous publication in the state since 1818. it's a mix of weather predictions home remedies and gardening advice the recipe contest winners were banana themed and the easy sticky banana squares caught my eye these taste like a mashup between banana pudding and an ooey gooey Rice Krispie treat let me tell just a few seconds to show you how fast this recipe comes together but you can also feel free to skip to the next DIY recipe at the time stamp on your screen I prefer to use parchment or wax paper to individually wrap them and then stick them in the freezer so that when I want to grab one or two to toss into a smoothie all I have to do is cut the wax paper to get the bananas Out start by taking a baking dish and combine flour brown sugar and softened butter mix until crumbly and then press down and bake for 15 minutes next cut four medium bananas into a quarter inch slices and then in a non-stick saucepan melt butter and add marshmallows and then stir until melted cut the heat and stir in the bananas [Music] please spread the mix over the crust and then allow this to cool completely before slicing into squares [Music] oh wow this tastes dangerously close to banana pudding yeah you got like the crumb which resembles the cookie and then you have the sweetness from all these marshmallows and then these very ripe bananas oh this is uh this is decadent whole new eggshells could be Garden Heroes they're like calcium powerhouses for your plants making your stems sturdy and your veggies tasty when you have enough calcium in your soil it helps prevent diseases and disorders such as blossom end rot in your tomatoes and your peppers so let me show you how to make your own calcium powder using an ingredient that's likely already on your grocery list I keep my eggshells in a bag in the fridge until I have enough for this project but y'all would have been in my kitchen before know that I love to stock up on eggs by freezing them and if you aren't already doing this get on it use an ice cube tray to store one egg being sure to beat it up to whip in some of the air and then just stick them in the freezer after they froze in you can use these eggs for scrambled eggs or in baking dishes let the eggs melt at room temperature and then prepare them as you normally would look at the results you'll get [Music] thank you foreign [Music] taste test if you told your kids or your spouse to compare which egg was fresh and which one was frozen honey they couldn't do it and if they did it'd be sheer luck okay here's the eggshell recipe be sure the eggshells are rinsed before you toss them into your blender then just grind them up [Music] all right here's your calcium powder my shelves weren't completely dried and it was a nice day so I sat them outside to dry in the Sun for a bit your finished product will look similar to this the color may be different depending on the color of your eggshells eggshell powder has a long shelf life and will keep for at least eight months and Beyond see freezing your eggs is a perfectly practical way to stock up on eggs that you can eat and shells that you can use for your fertilizer if this is our first time meeting hi I'm Cassandra from the blog becoming a farmgirl.com I'm here to help you start learning homesteading skills like canning and gardening in a small space and in your spare time don't worry about writing anything down you can find all of today's fertilizer recipes and the coordinating blog post my kitchen and garden are two sides of the same coin and if that describes you too you will love my pantry chats here on the channel thanks to four green stock vertical Planters I'm growing over 120 vegetables and herbs just on a townhouse deck you can use my code be a farm girl to take ten dollars off your order alright Coffee enthusiasts listen up those leftover grounds aren't just for your morning cup of joe coffee grounds are especially rich in nitrogen and also contain other nutrients like potassium and phosphorus so whether you enjoy a light or dark roast coarse finely ground or anything in between the coffee that you choose really depends on what you enjoy Brewing all types of coffee are good for your garden just stick with plain unflavored grounds I have a medium roast French Press kind of gal so that's what my garden gets keep your used coffee grounds double bagged in your fridge and every few weeks just toss them on your dehydrator now if you only have one silicone dehydrator tray like I do make your own with parchment paper like I did here spread your grounds around and dehydrate them at 115 degrees for four to six hours or until dry the smell of coffee dehydrating is one of the best there is yeah it's literally like stepping into a coffee shop heck I've been known to intentionally dehydrate use coffee grounds when company comes over because it is a delicious smell and a toxic free fragrance move them to an airtight container and they're ready to use while coffee is great too much of a good thing also applies to coffee grounds in your garden since coffee grounds are acidic darling you've got to practice some restraint when adding them to your soil stop at 15 to 20 percent of your soil's total volume giving preference to your acidic loving plants like hydrangeas and blueberries or root crops like carrots and radishes which respond well to acidity in all those decisions you make in life when you look back and you're like what was I thinking that's my reaction when I remember that I used to buy bone meal which is the ground bones of livestock normally beef or chicken was I really buying bones just bones with no meat to haul it out back and dump in the dirt meanwhile I was throwing the bones of the big chicken thighs that I made for dinner in the trash [Music] exactly it made no sense luckily I have come to my senses and now I take any bone that comes in this house and I put it in a bag and tuck it in the freezer now when I'm good and ready I have the sole ingredient to make bone meal for free and so can you bear with me as I explain the benefits of bone meal for us regular gardeners the gist is that bone meal is like uh it's like a southern sundae brunch for your plants and I'm talking about the converse you ain't in no rush you're just at the table slowly grazing maybe enjoying a mimosa bone meal is a slow release fertilizer that regularly puckers out phosphorus and is really good for root growth and flowering I also stash on my bones because I enjoy canning my own bone broths I've got some ham bones from Easter and my beef bones from this past winter use any kind of bones you have beef bones and ham bones are more dense than chicken or turkey bones which means it'll take longer to cook than if you're just using chicken parts like legs and thighs but denser bones also yield a higher concentration of minerals and collagen all right here's what I'm working with another batch like this later on in the season will be enough bone meal for my garden all year grab your pressure cooker completely cover the bones in Water by at least two inches and then start pressure cooking for two hours usually that's long enough but since my bones were so thick I did three two hour sessions the quantity and density of your bones will determine how long you'll need to pressure cook but you can't overcook your bones so don't stress the bones will come out very tender so tender that you can cut them with regular kitchen scissors I like to give my bones time to dry out a bit so I just lay them on a cloth for a few hours once dried grab your scissors again and with light pressure your bones will start to crumble take a look at how easily these beef bones fall apart like I said you'll never want to pay for bone meal again after realizing that you can make it this easily at home let me show you a few more bones so that you have the confidence that you can do this at home too start sticking those bones in the freezer so that you can make your own bone meal [Music] even if you have a few stubborn bones here's what you'll do collect all of your bones and then put them into a bag and then I want you to grab a cast iron skillet and take everything outside I'm on my front porch and underneath this mat is a slab of concrete you're going to wrap those bones with a towel and then you use the skillet to break down those stubborn bones a few wax is all you need after that's done dump your crush bones into the blender and pulse them see how easy that was this is such an easy way to get bone meal but you'll never buy that overpriced stuff again since we want to store our bone meal as a shelf stable ingredient we need to make sure that it's completely dry you'll likely need to toss it onto a dehydrator rack for another hour or two and that's what you see me doing here [Music] once it's dry to the touch transfer your homemade bone meal into an airtight container voila you've got bone meal from your kitchen scraps you should apply bone meal at the time you set out your plants or bulbs for potted plants mix it no more than a heaping tablespoon per pot a soil test will help you determine whether plants actually need more phosphorus or just a more consistent watering schedule so apply this fertilizer only to soils that show a deficiency and then stop applying once that deficiency has been corrected let's Harvest some parsley and rosemary from the garden and head to the kitchen because once I figured out that I can make my own bone meal honey I got all excited and realized I could also start making my own fish meal which is another expensive fertilizer to buy so now I am at the market I'll buy whole fish knowing that I can use the bones and the head fins and tail to make my own fish fertilizer and also enjoy a good dinner fish makes a very good natural fertilizer for nitrogen and trace minerals and actually many gardeners will bury portions of fish just directly in the ground in their garden beds but since I want to avoid attracting pests or animals to my garden since I live in a townhouse and have neighbors I have found that this dehydrated and ground recipe is best for now and oh if you don't enjoy eating fish or prefer not to buy whole fish I've got a recipe that'll work for you right after this one [Music] after the fish is cooked transfer the non-season part so the head and the tail and the innards to the dehydrator I made up this fish pasta recipe so I don't exactly know what to call it but I used lots of Mediterranean flavors y'all it came out so good after the fish parts were dried I dropped everything into the blender to grind it into a powder and here's what your first version of fish meal looks like but I'll also show you a second option as you can see from skin to thin you won't toss anything into the trash when you start to realize how valuable your kitchen scraps are your homemade version will be free of chemical preservatives such as formaldehyde that big brands use fish meal is best kept in a cool dry Place protected from rodents and birds and will keep for over a year without detectable change and nutritional value or spoilage you can also use several packs of sardines or anchovies to make a faster version of fish meal the method that you'll use is similar to what I just shared except that you'll want to make sure that if the fish is packed in oil try to rinse off as much oil as possible so that the final product won't go rancid on you as quickly I usually soak and rinse my sardines and anchovies a few times before I place it on the dehydrator [Music] after this transfer everything to parchment covered dehydrator trays since the smell is kind of strong I took my dehydrator outside to finish drying and that's where you're going to want to dehydrate everything at 155 degrees for two hours and then you'll reduce the temperature to 140 degrees for four more hours or until the fish is Thoroughly dried this meal is recommended for vegetable gardens flower beds and all types of outdoor plants to use it you'll sprinkle the fish meal around on the soil surface and then use your hand or a tool to scratch the meal into the top few inches of your soil to get down to where the microbes are it takes about 30 to 60 days to break down making it a good slow release source of nitrogen phosphorus and potassium are you ready for the ingredient that will replace Miracle Grow in your garden better yet you can make this for free in less than a minute this recipe is known as jadam leaf mold which is a naturally potent fertilizer you'll need three main ingredients the first is organic materials such as grasses wild plants leftover crop material or backyard weeds from your fire pit area the second ingredient is leaf mold which you can collect in any forested area like a park playground or hiking trail but I have a few trees behind my home as the name suggests leaf mold is the dark soft fluffy soil-like material substance usually found under piles of decaying leaves or logs Leaf mode opens up the soil and acts as a natural soil conditioner making it easier for roots to grow and adds fungi carbon and other mineral amendments you don't need to be choosy about your leaves your last ingredient is unchlorinated water which you'll add to your bucket until it covers everything you don't need to stir the mixture just submerge the materials if they start to float to the top now all you do at this point is just place a lid on the bucket date and label your container and be patient it's in the hands of the microbes now if you use fast growing wild plants such as purslane or stinging nettles or comfrey you can start using the fertilizer in as little as 10 days but if not just wait for 20 to 25 days [Music] once you've made your jadam liquid fertilizer use a half cup per gallon of water to feed your plants with or mix it with two parts water and one part jlf since I'm exclusively a vertical Gardener and my garden size is manageable I like to use these easy to hold eight ounce dispensing bottles that come with measurement marks so that no matter what fertilizer I'm making I can quickly figure out my ratios they come with labels and a chalk pen but since I store these outside masking tape and a permanent marker work better I love how I can take my bottle and then directly fertilize different planter pockets in my greens dog and as you can tell my garden loves these fertilizers and I love that I can get great results using fertilizer sourced for my kitchen scraps and backyard every garden needs manure and a regular supply of it and even as Homestead dreamers without land or lifestyle can get regular access to potent poo without relying on garden centers baby doll it's time to get yourself some worms and start a worm bin starting a worm bin that you can keep inside or out is super easy because the worms do all of the work I'll link to a video where I show you how to make your own worm bin so that you can get what gardeners call Black Gold or worm castings which feed beneficial soil microorganisms that produce store and slowly release nutrients into your soil to feed your plants if you haven't seen how I grow over 120 vegetables and herbs using intensive vertical gardening click the video on your screen I'll see you in my kitchen or garden soon take care friends [Music] foreign