



The Micro Gardener



DIY POTTING MIX INGREDIENTS

Need to source supplies to make your home made potting mix recipe? To make it quick and easy, most of the ingredients are available on Amazon. For your convenience, I've carefully selected a list below to accommodate different volumes and budgets. What you purchase, depends on whether you need to make a small quantity or buy in bulk. Often bulk is cheaper. If you would rather purchase your supplies locally, you may be able to find these at your nursery, hardware or garden supplies store.

Shopping List

Potting Mix Ingredients (basics)

These are the core supplies you need to create a **quality, long-lasting potting mix**. Coir Peat can last up to 5 years. Vermiculite and Coarse Sand don't degrade or shrink, so your potting mix will have great structure. Compost and worm castings are organic matter (plant food) that will decompose over time so *will* need replacing.

Coir Peat Block	http://amzn.to/28Oyinb https://amzn.to/2HYe2xC https://amzn.to/2HsMLCA
Compost	http://amzn.to/28Otq1e http://amzn.to/28NXDbP http://amzn.to/28RD8Pq
Vermiculite*	https://amzn.to/2FiNyUz https://amzn.to/2FI58aQ
Coarse Sand*	http://amzn.to/2lthhSb
Worm Castings (Vermicast)	https://amzn.to/2HscCP4 https://amzn.to/2FhO4T0 https://amzn.to/2Kfr3Ud
Organic Bagged Potting Mix	https://amzn.to/2KgJecm https://amzn.to/2JurhpB https://amzn.to/2IOQc4w

* You can substitute these ingredients for each other, although they perform different roles.

Ideally, to save money and be more sustainable, **aim to make your own compost** by recycling your kitchen and garden waste rather than buying it. To save time, *buy* compost until you get your own bin or system started.

Secondly, if you have space, **get a worm farm** and allow worms to work *for* you by producing rich worm castings and liquid concentrate. This is perfect plant food you can make for free. Again, the short-term solution is to *buy* some worm castings to start with, then aim to produce your own. Ideally, **invest once in a compost system and/or worm farm** with the goal to produce free resources for your garden over time. See below for options.

Another option is to *buy* a bagged potting mix to start with and **add ingredients to improve it**. All bagged soil mixes can dry out quite quickly, but you can use this as the base with which to start your garden. Add light-weight vermiculite or heavy sand for better drainage; long-lasting coir peat to hold moisture; some compost and worm castings to add organic matter. Then add the following optional nutrients to slowly feed your plants.

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DIY Potting Mix - Shopping List

Nutrients & Soil Amendments

These ingredients will provide additional **vital nutrients for plant health** and ensure your plants have access to all the major and minor minerals and trace elements they need.

These nutrients are like a soil 'pantry' for your plants, to 'self-serve' what they need from your potting mix. By adding these nutrients, you can be confident **your plants will be healthy and more resistant to pests and diseases because they are not nutrient deficient**. Sick plants attract problems, that you can avoid spending more time and money on! Soil health = Plant health = Human health.



Rock Minerals/Dust or Soft Rock Phosphate fertiliser	http://amzn.to/2bIFPS7 http://amzn.to/2bz55vR http://amzn.to/2bdJBBF http://amzn.to/2bIFTBA https://amzn.to/2r3adzD https://amzn.to/2Hxsbkx https://amzn.to/2HrY0iF
Liquid Seaweed/Kelp/Fish	http://amzn.to/2bhu8T3 http://amzn.to/2HrrQni https://amzn.to/2KhmgSw
Zeolite	http://amzn.to/2lthhSb
Slow release soil conditioner	http://amzn.to/2HFniWS http://amzn.to/2bw1QU2 http://amzn.to/2bycOgi http://amzn.to/2bdogxi
Biochar	http://amzn.to/2koOu02
Epsom Salts	http://amzn.to/2bIHCXv
Molasses	http://amzn.to/2dyBlwW https://amzn.to/2Fh8Wdb

Equipment and Materials (for your DIY garden supplies kit and personal protection)

Large Flexible Tub	https://amzn.to/2qZ98s4
Small Garden Trowel & Fork	https://amzn.to/2Jr0MkD https://amzn.to/2KdMQvP
Mesh Garden Sieve	https://amzn.to/2r1ADRn
Gloves	https://amzn.to/2i0AKp7 http://amzn.to/2aTGa34 https://amzn.to/2Ki7VVU https://amzn.to/2HrSr3H
Particulate Face Mask	https://amzn.to/2i0ATsF https://amzn.to/2JrbEyZ
Dust-resistant Eye Protection	https://amzn.to/2HYfCQ4
Soil pH Test	https://amzn.to/2vLYVoB

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Compost Systems and Worm Farms

Making your own supplies is the cheapest and most sustainable option over time. Turn your food scraps and kitchen waste, grass clippings and other green garden 'waste' into free plant food.

Compost relies on beneficial microbes to break down this organic matter and create a rich soil to feed your plants with recycled nutrients.

Worms feed on decaying organic materials that move through their gut and come out as 'black gold' worm castings. Nutrients in a liquid form ready for plants to take up in the root zone.

Compost and worm castings (vermicast) are both ideal for adding to your potting and seed raising mixes for a high quality soil.

There are many options depending on your space, time and budget. These are a few to consider.

Compost Bins	https://amzn.to/2FjV7dE https://amzn.to/2Hy4nNy https://amzn.to/2JtIRLc
Worm Farms & Live Worms	https://amzn.to/2I1kW5w https://amzn.to/2I0dKGA https://amzn.to/2HvuwME



For more tips and guides on creating healthy soil, check out:

- [5 Simple Secrets to Building Healthy Soil](#)
- [How to Use Compost and 7 Benefits of Composting](#)
- [Revitalising & Re-using Old Potting Mix](#)
- [How to Make Potting Mix at Home Guide](#)

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