



SEED TO FORK

FERTILIZER GUIDE

	Fertilizer Needs	Recommended Application	Foliar Feeding (In-ground)	Foliar Feeding (Containers)
Radish	Light	No fertilizer needed if soil has been amended with compost (top dressed with 1-2")	N/A	N/A
Leeks	Light-Medium	Mix in slow release organic fertilizer at transplanting	N/A	N/A
Legumes (beans and peas)	Light-Medium	Mix in slow release organic fertilizer at transplanting	N/A	N/A
Carrots	Light-Medium	Mix in slow release organic fertilizer at transplanting	N/A	N/A
Kale, Cabbage, Collards	Medium	Mix in slow release organic fertilizer at transplant	N/A	Every other week
Cucurbits (squash, cucumber, melon)	Medium	1. Mix in slow release organic fertilizer when transplanting	N/A	Every other week (when fruiting)
Leafy Greens (lettuce and other leafy producers)	Medium-Heavy	High nitrogen need (leafy production) Soil high in organic matter should be sufficient	N/A	Every other week
Corn	Heavy	1. Mix in slow release organic fertilizer at transplant 2. Side dress once you see tassels start to form if needed	N/A	Every other week
Okra	Heavy	1. Mix in slow release organic fertilizer at transplant 2. Side dress once you see fruit forming	N/A	Every other week
Tomatoes	Heavy	1. Mix in slow release organic fertilizer at transplant 2. Side dress once you see fruit forming	Early in season (first flowers)	Every week when fruiting
Potatoes	Heavy	1. Mix in slow release organic fertilizer at transplant 2. Side dress once you see fruit forming	Early in season (first flowers)	Every week when fruiting
Peppers	Heavy	1. Mix in slow release organic fertilizer at transplant 2. Side dress once you see fruit forming	Early in season (first flowers)	Every week when fruiting
Eggplants	Heavy	1. Mix in slow release organic fertilizer at transplant 2. Side dress once you see fruit forming	Early in season (first flowers)	Every week when fruiting
Garlic and Onions	Heavy	1. Mix in slow release organic fertilizer at transplant 2. Side dress once you see bulbing start / as scapes form	Early in season (3 weeks after planting/	Every other week
Beets, Chard, Spinach	Heavy	Soils high in organic matter + mixing slow release fertilizer at transplanting is sufficient	N/A	Every other week
Broccoli, Cauliflower, Brussels sprouts	Heavy	1. Mix in slow release organic fertilizer at transplant 2. Side dress to promote side shoot production	N/A	Every other week



SEED TO FORK

FERTILIZER GUIDE

Note: Fertilizer needs are directly correlated with soil type. Sandy soils will need more inputs as nutrients move through / leach out more rapidly. For heavier soils with high organic matter (like ours), you can likely reduce the second application of slow release fertilizer if you have ample organic matter (compost) in your soil.

We only apply slow release fertilizer ONCE to our brassicas and corn, for example. We don't do the second feeding and still yield excellent crops of corn and broccoli with side shoots. For tomatoes and peppers, we are playing around with extra feedings though in the past we haven't done much in the way of a second feeding. This again points to our high organic matter which naturally has an abundant supply of nutrients for mineralization.

We've only done foliar fertilizing in combination with Cease (*Bacillus thuringiensis*, which protects against fungal pressure on foliage) for our tomatoes and cucurbits last summer (2022). We haven't applied it yet but might because we did anecdotally notice some benefit to fungal pressure last summer, though that's likely from the Cease which is a biological pesticide (it's a bacteria, I know the word pesticide sounds scary but in this case it's completely organic).

Application:

Transplanting: Mix in 1/4 cup per transplant (one seed potato, one tomato plant, one cabbage, etc)

Broadcasting: *[apply before planting]*: Alternatively, apply to an entire area at a rate of 1.5 cups of fertilizer per every 2'x3' area. [Broadcast 1 quart of fertilizer over each raised bed (32 square feet.)]

Foliar Fertilization: Use 1 tsp/gallon of water in spray bottle or backpack sprayer. If soil is healthy, this is not needed. Soil is the ideal placement of nutrients for absorption (it's why plants have roots, after all). Might be most useful for sandy soils or container-grown vegetables — application rate for those soils might be 2x a month for optimal nutritional support.