

## Stan's Own Vermicompost Tea

Use as a tonic, a fertilizer, a stress-reducer for your plants on a regular basis.

### Materials:

- 2 quarts of vermicompost- largely free of worms and debris
- 2 five gallon buckets
- 1 watering can without a fine sprinkler head

### Procedure:

1. Harvest worm compost and remove as many worms as possible.
2. Add the worm compost to the bucket and add rain water (best) or city water to almost fill one bucket.
3. Add gypsum, calcium, a cup of molasses, or other "goodies" as desired.
4. Pour the water and worm poop back and forth between the buckets a couple of times to thoroughly mix and aerate the contents.
5. Strain any floating debris off the top of the water.
6. Brew the tea 2-3 days, pouring between buckets at least once a day.
7. When ready to use the tea, pour one bucket into another to mix contents again.
8. Fill the empty bucket about 1/3 full of worm tea and then fill that bucket the rest of the way with clean water.
9. Fill the watering can and apply either to the leaves or roots of the plants.
10. Repeat step 8 & 9 two more times until the worm tea bucket is empty.  
Makes 15 gallons.