SIMPLE COMPOST TEA RECIPE

Easy to Make. Powerful for Your Garden!

Compost tea is a nutrient-rich, microbe-packed elixir that feeds your plants, builds healthy soil, and boosts growth—naturally!

WHAT YOU NEED (Makes 5 Gallons)

Finished Compost

2 cups
High-quality, finished compost (sifted if possible)

Water

5 gallons
Dechlorinated water (rainwater or let tap water sit 24 hours)

Molasses

2 tablespoons
Unsulfured molasses (food for beneficial microbes)

Aeration

Air pump
+ air stone
(keeps tea oxygenated and microbes active)

Optional Boosters

- 1 tablespoon kelp meal
- 1 tablespoon fish hydrolysate
- 1 tablespoon rock dust

(use one or all for extra nutrients)

WHY SIMPLE WORKS!

This simple recipe creates a balanced tea that improves soil health, increases nutrient uptake, and helps plants thrive naturally.

HOW TO MAKE COMPOST TEA

1 FILL THE BUCKET

Fill your 5-gallon bucket with dechlorinated water.

2 ADD COMPOST

Place 2 cups of finished compost in a mesh bag or burlap sack and tie it closed.

3 ADD COMPOST BAG

Submerge the compost bag in the water.

4 ADD MOLASSES & BOOSTERS

Add 2 tablespoons molasses. Add any optional boosters you're using.

5 AERATE

Place the air stone in the bucket and turn on the air pump.

Bubbles = healthy, happy microbes!

6 BREW

Brew for 18–24 hours in the shade.
Stir gently if needed.

Use within 24 hours for best results.

HOW TO USE COMPOST TEA

Always use fresh! Do not store brewed tea.

AS A SOIL DRENCH

Pour around the base of plants.

Use 1 part compost tea to 5–10 parts water.

Use every 1–2 weeks.

AS A FOLIAR SPRAY

Strain tea and spray leaves (top and bottom) in the early morning or evening.

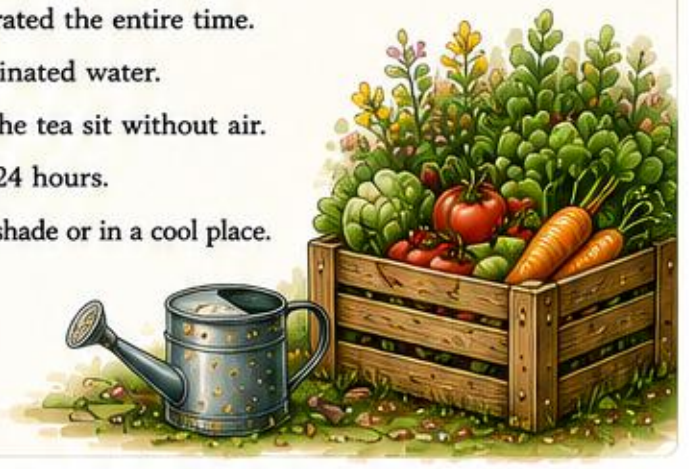
Use 1 part tea to 10 parts water.

FOR SEEDLINGS & TRANSPLANTS

Use a mild solution (1 part tea to 10–20 parts water) to water seedlings and support strong root growth.

TIPS FOR BEST RESULTS

- Use high-quality, finished compost.
- Keep tea aerated the entire time.
- Use dechlorinated water.
- Do not let the tea sit without air.
- Use within 24 hours.
- Brew in the shade or in a cool place.



EXTRA BOOSTERS (OPTIONAL)

Add one or more for extra benefits:

- Kelp meal – adds trace minerals & growth hormones
- Fish hydrolysate – adds nitrogen & amino acids
- Rock dust – adds minerals & improves soil
- Worm castings – adds nutrients & beneficial microbes

EQUIPMENT CARE & STORAGE

Rinse air stone and tubing after each use.

Store pump in a dry place.

NATURE'S ELIXIR

Healthy soil.
Healthy plants.
Abundant harvests.
All from a simple cup of compost tea!

Feed the Soil. Feed the Plants. Enjoy the Harvest!