



SHARING INSIGHTS PODCAST

# ED BERNHARDT'S

Bio-fermentation recipes for healthy soil

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Ed Bernhardt is the founder of the New Dawn Center in Costa Rica, is the author of Medicinal Plants of Costa Rica, and has 20+ years of experience on the land in Costa Rica. Here are two recipes he uses at the New Dawn Center.





# KOMBUCHA FOR THE PLANTS BIO-FERTILIZER

You will need:

- 5-gallon bucket with a good sealing top
- 3 shovels full of finely sifted compost
- 1/2 gallon of molasses
- 1 gallon of whey
- Pure water (non-chlorinated) to fill
- Handful of ashes



Combine all of the ingredients together in the 5-gallon bucket. Next, stir and seal (allow gas to escape). Shake occasionally for the first week to make sure everything distributes well. Then put in a shady place for a month and a half. This creates both aerobic and anaerobic microorganisms in a liquid which you can dilute and spray on your plants and soil.





# PLANT-PROTECTOR SPRAY

You will need:

- A spray bottle
- ½ cup sugar, tapa dulce syrup or molasses
- ½ 3% Hydrogen Peroxide or Kombucha for the Plants
- 1 liter of water



Combine the ingredients in the spray bottle and shake thoroughly. Spray this on plants to cleanse the leaves and remove fungal pathogens. This will also deter insects.

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