













FOREWORD

- PROLOGUE:
 - WHY GROW ORGANIC? TABLE OF CONTENTS
- THE ORGANIC MINDSET
- 11 THE CURRENT STATE OF AFFAIRS

I. THE NATURAL CYCLE

- 12 HOW DO PLANTS FEED THEMSELVES?
- HUMUS AND COMPOST
- 14 MINERALIZATION
- 15 STOREHOUSING
- WHAT KILLS HUMUS

II. PLANTS

- 18 ROOT FUNCTIONS
- STOMATA AND PHOTOSYNTHESIS 19
- 20 A PLANT

III. WHAT LIVES IN THE SOIL?

- 23 THE SOIL BIOTA
- 24 THE WORM, QUEEN OF THE EARTH
- 25 BACTERIA
- 26 FUNGI
- 27 MYCORRHIZAE AND SYMBIOSIS

IV. MORE ABOUT THE SOIL

- 29 SOIL TEXTURE
- 30 THE SEDIMENT TEST
- 30 THE SPADE TEST
- 31 THE PALM OF THE HAND TEST
- 32 HOW TO AERATE THE SOIL

V. COVER CROPS

- 34 BENEFITS OF COVER CROPS
- 35 PLANTS TO CULTIVATE
- 36 WEEDS

VI. ORGANIC NUTRIENTS

- 38 STOP POISONING THE EARTH
- 39 NITROGEN RHIZOBIUM (N)
- HO PHOSPHORUS (P)
- HI POTASSIUM (K)
- HZ OTHER NUTRIENTS (CA, MG, S)
- 43 MICRONUTRIENTS (Zn, Fe, Si)

VII. ORGANIC FERTILIZERS

- **H5 IN GENERAL**
- HG ANIMAL MANURE
- HT FARM ANIMAL DUNG
- 48 GUANO, POWDER, MEAL
- H9 GUANO, MEAL, ASH
- 50 MOLASSES, VINASSE, KELP, PHOSPHATE

VIII. MAKING COMPOST

- 52 WHAT'S HUMUS?
- 53 MAKE YOUR COMPOST
- 54 COMPOST IN PILES, BINS, OR TUMBLERS
- 55 COMPOSTABLE OR NOT?
- 56 BROWN AND GREEN COMPOST
- 57 HOT COMPOST
- 58 STINGING NETTLES AND COMMON COMFREY
- 59 NETTLE AND COMFREY SLURRY
- **60 VERMICOMPOSTING**
- 61 BUILD YOUR WORM HOTEL!
- 62 BOKASHI: FERMENTED COMPOST
- 63 MULCH
- **64 PREPARING COLD BIODYNAMIC**
- 65 COMPOST
- 66 BUYING COMPOST

IX. COMPOST TEA

- 68 MAKING IT
- 69 USING IT
- 70 KAREL'S RECIPE

X. OUTDOOR CULTIVATION METHODS

- 72 HUMUS AND COVER CROPS
- 73 PLOTS OR POTS?
- 74 GREENHOUSES
- AND ROOFTOP GARDENS USING COMPOST
- 76 GROW LOCAL, THINK GLOBAL
- USING COVER CROPS 77
- 77 SOIL PREP AND TOP DRESSINGS
- 78 CROP ROTATION
- 79 NATURAL REMEDIES
- 80 PERMACULTURE
- 82 HÜGELKULTUR
- 83 BIODYNAMIC AGRICULTURE
- 8H SOWING SEEDS OUTDOORS
- 85 WATERING OUTDOORS

XI, INDOOR CULTIVATION METHODS

- 87 PLANTS ARE UNDER PRESSURE
- 88 POTTING SOIL
- 89 MAKING YOUR POTTING MIX
- 90 GROWING SPACES
- 91 GROW TENTS
- 92 EXTREME INDOOR GROWING METHOD
- 93 TRUE LIVING ORGANICS
- 9H MINIMALIST EXPERIMENT
- 95 LIQUID AND SOLID NUTRIENTS
- COMPARED
- 96 PRE-FERTILIZED POTTING MIX
- 97 CONTAINERS SUCTION PRESSURE





- 99 SPECTRUM USED BY PLANTS
- 100 SMALL GROW TENTS AND BIG SPACES

XIII. SEEDS AND CUTTINGS

- 102 SEEDS OR CUTTINGS?
- 103 HOW TO TAKE CUTTINGS AND SOW SEEDS

XIV. WATER

- 105 CHLORINE AND
- MINERAL SALTS 106 FILTERS AND VORTEX



- 108 LEARN TO "PICK UP YOUR POT"
- 109 AUTOMATIC WATERING SYSTEMS 109 DANISH TRAYS – ADAPTED
- NUTRITION
- 110 DRIP IRRIGATION WICKS 111 THE "AUTOPOTO" SYSTEM

XVI. PLANT PATHOLOGY 4

- 113 OBSERVATION-PREVENTION
- 11H COMPOST TEA
- 11H PREVENTIVE MEASURES 115 CONTROLLING PESTS WITH
- BENEFICIAL BEINGS
- SPIDER MITES (BOO!)
- 117 FUNGAL DISEASES
- 118 OLD-FASHIONED RECIPES
 - -CLEAN LIGHT®

XVII. RECENT INNOVATIONS

- 120 GENODICS BIOPONICS
- 121 AQUAPONICS BIOCHAR
- MICRONIZATION
- 121 VERTICAL GARDENS - ROOFTOP GARDENS

XVIII. CONCLUSION

- 123 IN PRAISE OF THE SHIFT TOWARD A HEALTHIER LIFESTYLE AND
- TOP-QUALITY CROPS
- 125 THANK YOUS

NEARLY ALL OF THIS BOOK HAS BEEN ADAPTED FROM THE ORGANIC GROW BOOK BY KAREL SCHELFHOUT AND MICHIEL PANHUYSEN,















