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## *Grounded Living Compost Extracts & Aerated Teas*

**A Guide to making nutrient & microbial rich,  
water-soluble amendments for enriching  
soil fertility and microbial activity.**

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### *Summary*

*Compost Extracts & Aerated Teas* are effective and easy forms of 'go-to' amendments for increasing nutrients and beneficial micro-organisms in your soil. These supplemental amendments bring additional health & vigor by stretching the beneficial effects of sometimes limited compost resources in larger garden or farm systems. The quality of compost determines the quality of the amendment, therefore it is suggested to use a full spectrum nutrient-dense and microbial-rich compost, such as *Grounded's Living Compost* made using 12<sup>th</sup> century compost knowledge, clean-sourced resources, & biodynamic principles.

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### *Key Benefits:*

- ✧ **Increase soil nutrients & diversity to enhance plant growth, yields, & quality**
  - ✧ **Increase microbial population to decrease pests and disease**
  - ✧ **Increase soil biological activity that promotes humus-structured soil creation**
  - ✧ **Increase energetics and vigor by using biodynamic-treated living compost**
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### *Compost Extract*

*Extracts are generally non-aerated (non-aerobic) and static and derived from steeping compost with water (luke warm if possible) up to 8 hours then straining per application needs. This is a stand alone process or can be occasionally stirred to enhance quality. Stirring periodically (repeating clockwise then counter-clockwise stirring with hand to create a center vortex) creates a semi-aerated extract or hybrid extract, which not only expedites the nutrient extraction process, but also sustains micro-organisms, allows for greater integration of the compost substance into the water molecule, and increases energetics by enlivening the water. A minimum steep of 30 minutes is recommended for either option. Compost can be loose-then strained off or contained in a filter-type bag.*

### *Aerated Compost Tea*

*Aerated tea or more so a fermented brew is derived from steeping compost with aerated water for 18-24 hours. A small water pump used in fish tanks is an easy and inexpensive way to aerate. Containing the compost in a filter bag is highly recommended when using aerated pump systems of any size.*

## *Ingredients, Ratios, and Supplies for Extracts & Teas*

- ◆ **1/4-1/2 cup Grounded Living Compost** (increase rate as needed based on nutrient needs of plants and use this compost to water ratio to increase batch quantities).
- ◆ **1 gallon Water** (use rain or well water or allow chlorinated tap water to sit for over 24 hours before use (slightly warm water is beneficial if possible)).
- ◆ **2- 5 gallon Buckets** (an additional bucket may be needed for filtering purposes)
- ◆ **Filter/Strainer-** fine colander, cheese cloth, nylon stocking or filter bag for straining loose compost from extract or to contain compost for extracts & teas. Gauge of filter is determined by application method used- ie: sprayer, irrigation, watering can.
- ◆ **Aerator Pump-** for small batches use fish tank aeration pump for making Aerated Teas.

## *Instructions*

### *Static Extract*

Add desired loose compost or in a filter-type bag to water and steep for 30 minutes to 8 hours. For loose compost, strain compost from water through a colander, cheese cloth, or nylon stocking into a 2<sup>nd</sup> bucket.

### *Semi-Aerated Extract*

Same as above with added stirring throughout the extraction process when time allows. Integrating clockwise then counter-clockwise circular, vortex stirring at 30-60 second intervals aids in restructuring and re-ionizing water, while infusing compost elements into the water molecule. This technique can be used frequently or periodically to expedite the extraction process and increase oxygen to maintain the well-being of existing micro-organism present in the compost.

### *Aerated Tea Brew*

Add desired compost in a filter bag to water and aerate with a pump for 18-24 hours. This process provides full extraction of nutrients from the compost and provides an environment for repopulating micro-organisms exponentially! It is not advised to aerate longer as beneficial microbes can die. The tea needs to be applied within eight (8) hours to maintain live microbial populations.

## *Application*

Extracts and Teas can be applied with a sprayer, irrigation system, or watering can. Direct soil application is used full strength or diluted for plants that need less nutrients. To use as a foliar spray dilute a 1:2 ratio- or 1 part extract/tea to 2 parts water. Foliar feeding is also beneficial in boosting the health of plants that are sick or diseased- bi-weekly applications are recommended in this instance.