

THE CORE INGREDIENTS OF A GREAT SOIL MIX



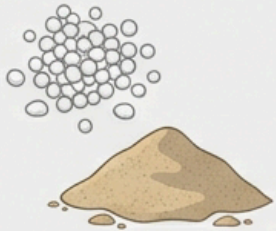
1. COMPOST (40%)

Compost is the heart of any good soil mix. It adds nutrients, improves structure, and supports beneficial microbes. Homemade compost from kitchen scraps, leaves, and grass clippings works perfectly.



2. COCONUT COIR OR PEAT MOSS (30%)

These materials retain moisture in hot weather. Coconut coir is sustainable and widely available in Jamaica, making it an excellent choice.



3. PERLITE OR COARSE SAND (20%)

Drainage is critical in the tropics. Perlite is lightweight and effective, but coarse river sand is a al alternative that works just as well.



4. TOPSOIL (10%)

Provides minerals and a natural base. Use clean, weed-free soil to avoid pests.

RECIPE EXAMPLE:

- 4 buckets compost
- 3 buckets coconut coir
- 2 buckets perlite/sand
- 1 bucket topsoil

Mix thoroughly until uniform. The result is a balanced blend that holds moisture, drains excess water, and feeds your plants.