

# Living and Lovin Herbs Podcast

## Soil Amendments

Podcast Notes from Interview with Randel Agrella, Horticulturist  
Parsnippty Farm, Fort Fairfield Maine

- Don't overdue nitrogen early in your seedlings growing process. It stimulates lots of leaves and growth but little fruit later.
- At a certain point in the growing season you want to reduce the amount of nitrogen in favor of phosphorus and potassium.
- Add Compost at the begging of the season when working the soil.
- Fish Emulsion: He uses it exclusively in all his container.
- Espoma Brands - there are several different kinds, but I believe he's referring to Garden Tone.

### ***Fertilizer Products:***

Fish Emulsion: Neptune's Harvest Organic Hydrolized Fish & Seaweed Fertilizer 36 Oz

Amazon Affiliate Link: <https://amzn.to/2WiHGGU>

Espoma Garden Tone: Espoma GT4 4-Pound Garden-Tone 3-4-4 Plant Food

Amazon Affiliate Link: <https://amzn.to/2WDDFvu>

Espoma Tomato Tone:

Amazon Affiliate Link: <https://amzn.to/3fFwqMv>