

Let me start the ball rolling with my own chosen recipe. I use the recipe developed by a gentleman named Clackamas Coot, infamous on some competing sites. This recipe will raise a plant from seed to harvest with water only and absolutely stun you with the health of your charge and potency of the eventual harvest. If you plan to build a no-till, as I have, you need only do twice weekly teas and drenches, alternating with water. This is my gold-standard recipe. It's suggested that, for the first two runs at least, you stick closely to this recipe as you take on the challenge of understanding the dynamics of what the recipe entails. There are no-tills running with this soil now into 13 cycles and still clicking smoothly along. My kind of gardening.

The Basic Clackamas Coot's soil mix recipe for growing cannabis (in his own words):

"Equal parts of Sphagnum peat moss, some aeration deal (pumice, rice hulls, lava rock – whatever is sitting in the garage) and finally some mix of humus – my compost, worm castings some black leaf mold I bought from the local 'worm guy'

To each 1 c.f. of this mix I add the following:

1/2 cup organic Neem meal

1/2 cup organic Kelp meal

1/2 cup Crab meal (or Crustacean meal when available – it has Shrimp meal with the Crab meal. It's a local product from the fisheries on the Oregon & Washington Coasts) *

4 cups of some minerals – rock dust

After the plant is in the final container I top-dress with my worm castings at 2" or so and then I hit it with Aloe vera juice and Comfrey extract. Or Borage. Or Stinging Nettle. Or Horsetail ferns. Whatever is ready.

The Rock Dust Recipe

4x – Glacial Rock Dust – Canadian Glacial (Gaia Green label)

1x – Bentonite – from the pottery supply store

1x – Oyster Shell Powder – the standard product from San Francisco Bay

1x – Basalt – from Redmond, Oregon (new product at Concentrates – about \$ 18.00) ."

I believe that this recipe allows for some substitutions and that the biggest thing is to stick to the 1/3 SPM, 1/3 aeration, 1/3 humus and the amendments at the specified ratios. I have seen people (including myself) vary the actually "rock dusts" but don't if you can help it, and certainly don't omit the oyster shell flour in place of something else.

Living organic soil is very rewarding to grow in, give it a try, no one has ever looked back after going this route."

* Coot highly recommends the crustacean meal. In his own words, as of 4/20/15;