

Mothers
 hold their
 CHILDREN'S
 HANDS
 FOR A
 short while,
 but their
 hearts
 FOREVER



Catching some rays



5 Ways To Use Coffee Grounds In The Garden

nWEDIBLE.COM

Let us know what you think!

Do you have ideas for next months Newsletter..?
 Recipes
 Jokes
 Pictures

SHEET MULCH

Use coffee grounds as a mulch around blueberries, fruit trees, currants and cane fruit, all with good result.

SIDE-DRESSING FOR HEAVY FEEDERS

As you'd expect, coffee grounds are high in nitrogen, at about 10%. With nitrogen levels like that, pure coffee grounds make an excellent side-dressing for leafy greens and hungry fruiting veg, like tomatoes and squash, early in their growth.

NATURAL SLUG DETERRENT

Slugs get the heebie-jeebies crawling over coffee grounds.

VERMICOMPOSTING.

Coffee grounds aren't the only thing I put in my worm bin, of course, but mixed in as part of a balanced diet of cardboard, shredded paper, kitchen scraps, banana peels and the like, the worms seem to process coffee grounds without any issue.

SUPPRESSION OF FUNGAL DISEASES

Decomposing coffee grounds have their own fungal and mold colonies and those fungal colonies tend to fight off other fungal colonies.

If this seems weird, just remember that the antibiotic penicillin was developed from a mold.

.....Remember to wear sunscreen!

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