



**SEEDTIME**



**Ultimate Garden  
Immune Booster  
Cheat Sheet**

Hey there!

Everyone who has grown plants understands what it is like to have their plant attacked by a pest or disease of some kind. It's frustrating, especially if you've worked hard to prepare the garden beds, and *especially* if you've spent hours caring for your precious veggies! So what can you do to prevent the frustration of your plants going downhill?

We like to explain it this way. When you have good overall health as humans - good nutrition, hydration, sleep, etc., we are much less likely to catch a bug even if we are exposed to someone else who is sick. But if we are sleep deprived, haven't been eating well, are somewhat dehydrated, and then perhaps get chilled or exposed to someone who is sick at that point... uh oh.

When we are healthy, we are much more able to ward off those bugs, and the same is true with plants.

Healthy plants are much more able to withstand both plant diseases *and* garden pests. This is because bugs have a difficult time digesting the complex carbohydrates in healthy plants. So, they attack weaker ones - plants who's "immune system" is already compromised.

So, we have collected our favorite plant health boosters. At the first sign of disease or pest pressure, give your plants some extra oomph to fight off the invaders! Chances are, they'll be able to fight it off themselves. That's the goal.



## #1 - Down to Earth Vegan Mix All Natural Fertilizer

Since the first time we used this fertilizer, we have not stopped reveling in its effectiveness. Skipping the animal products that come from large CAFOs, it uses completely natural, plant-based sources and delivers effective health directly to your plant.

When we were in the experimentation phase of various fertilizers, we had an eggplant that had stunted growth. It had stopped flowering, and its leaves resembled mesh because it was riddled with flea beetles. After top dressing that eggplant with this fertilizer, it turned around. It began to grow again, putting out new leaves, beautiful purple-white flowers appeared, and best of all, the flea beetles disappeared. This is now our go to fertilizer, not just for eggplant, but for our entire garden; and it has not disappointed us.

At the beginning of your season it is always a good idea to boost the health of your soil. But if you are part way through the season, follow the directions on the box and top dress your plants, sprinkling the fertilizer around the plant, scratching it into the top layer of soil, and watering thoroughly. It will revolutionize you plants!

[Click Here to Purchase Down to Earth Vegan Mix](#)





## #2 - General Organics BioThrive Grow

This is our go to option when we want a good liquid fertilizer. We use this particularly for leafy vegetables - lettuces, spinach, herbs, kale, microgreens, etc. The benefit is in the fast action of diluting the fertilizer straight into the water that we use to water the plants. As soon as the water reaches the roots, the health boost does too!

The primary thing to understand is that liquid fertilizer washes out of the soil more quickly, so you will need to apply it more frequently. Our preferred method is to use it for the fast action, and follow up by top dressing our plants with the Down to Earth Vegan Mix. They make a great match.

NOTE: Because this is an organic product, it does not have calcium (the only calcium that is bioavailable in liquid form is synthetic). Therefore, it should not be the only fertilizer that you use. It is fantastic for a quick boost when needed.

[Click Here to Purchase General Organics BioThrive Grow](#)



## #3 - Sea 90

We didn't use Sea 90 for years, but when a friend suggested it to us and we tried it out, we were hooked. It is just what the name suggests: 90+ minerals found in ocean water. Sea 90 isn't a source of primary nutrients (the N-P-K you always hear about!), but its strength lies in the fact that it is full of *micronutrients* - those nutrients that are

needed in lesser amounts but whose lack definitely makes a difference to plant health, human health, and *plant flavor*. As such, use Sea 90 as a secondary fertilizer, along with a fertilizer that contains the primary nutrients of nitrogen, phosphorus, and potassium. You will notice an amazing difference not only in the vigor of your plants but also in the favor of the harvest!

[Click Here to Purchase Sea 90](#)



#### #4 - Earth Medicine

Earth Medicine Organic Microbial Fertilizer delivers the rich, time-tested benefits of dairy manure—without the need for a farm! Made from nutrient-dense dairy manure, it provides essential organic matter, beneficial microbes, and natural fertilizers to enrich your soil and boost plant health. Our granular fertilizer is perfect for home gardeners and homesteaders. With Earth Medicine, you get all the benefits of regenerative farming without the mess, odor, or hassle—just healthy, vibrant gardens powered by nature’s best nutrients! We are offering a Seed to Harvest Summit **discount of 10% off and free shipping on US orders.**

[Click here to get 10% off Earth Medicine](#)

## Summary:

Hey, these are some of the best general nutrient fertilizers that we have used in the garden (plus bonus one from our summit sponsor). But to really take it to the next level and build up the health of your soil you'll want to get a soil test done for your garden. Then you'll know the specific nutrients that you need to build a balanced healthy soil for your plants to grow in.

That's why when you get your free Seedtime account, you'll get access to our entire masterclass video lesson series that goes into more detail about building healthy soil for your plants to thrive.

Not part of the family yet? [Come join our gardening family](#) and get access to your own personal click 'n drop gardening calendar, task list, journal, masterclass video lessons, and private Facebook community.

Together, let's make this your best garden ever this year!

Until next time,  
Paul