

Supplemented Coir Substrate

Makes about 4 quart jars packed lightly

Ingredients

- 275g dry coir
- 100ml used coffee grounds
- 100ml grain flour or bran (eg. oat, brown rice, wheat, quinoa, millet. I like oat bran best)
- 100ml clean dry sand
- 25ml gypsum
- 25ml Calcium carbonate (CaCO₃)
- Approximately 1300ml Reverse osmosis water

Procedure

- Place coir in large pail and break it apart as well as you can (1-inch chunks or smaller).
- Add gypsum.
- Pour in approximately 1 litre of boiling R/O water to hydrate.
- Mix well and cover with lid for 10 mins.
- After ten minutes has passed, mix again and break up all chunks of coir by hand.
- Add remaining ingredients and mix well by hand to soften all the lumps.
- Bring to field capacity* and load into wide-mouth jars. Pack jars by tapping the bottom of the jar lightly on a firm surface and fill right to the brim.
- Fit jars with wide-mouth metal lids, but leave the rings loose. DO NOT tighten lids, or your jars may explode. You'll tighten them once they have been sterilized.
- Place in pressure cooker and sterilize 90mins at 15PSI.
- As soon as pressure drops to zero, remove jars and tighten lids to create a vacuum seal. Use oven mitts or leather gloves and handle the jars very carefully. As long as a good seal is achieved, jars will store at room temperature indefinitely, so don't worry about making too much substrate.

***How to test for field capacity (proper soil hydration)**

- Once all ingredients have been combined and mixed well, grab a good handful of soil and squeeze tightly in your fist. If the soil is properly hydrated you should see a small amount of water pooling around your fingers/knuckles when you squeeze, but it should not trickle down your hand. One or two drops is ok.