

NUTRITION TABLE



NUTRIENT DEMANDING	MODERATELY DEMANDING
Chard, aubergine, pumpkin and courgette, leek, cabbage, potato, sweet potato, cucumbers, peppers, tomatoes, cucamelons, caigua, celery, endive, raspberry, blackberry, melon	Baby leaves, turnip, radish, carrot, beetroot, lettuce, onions, garlic, rocket, spinach, basil, parsley, chives, coriander, strawberries

Well fertilised routine

Initial substrate already fertilised	Initial substrate already fertilised
6 th week, humus every fortnight	6 th week, humus every fortnight
<p>“From flowering, pellets with more Phosphorous and Potassium. E.g.: 3-4-6</p> <p>On long-stalked leaves, Nitrogen-rich pellets. E.g.: 4-2-2”</p>	8 th week, on long-stalked leaves, Nitrogen-rich pellets. E.g.: 4-2-2

“If they are under stress: spray the leaves with algae-based fertiliser with a fine-drop nozzle
 If they are “stalled” and do not grow: spray the substrate with humic acids with an adjustable nozzle on half-open.”

NUTRITION TABLE



LOW DEMANDING

Baby roots, radishes, spring onions, garlic, mint, spearmint, rosemary

NOT AT ALL DEMANDING

Beans, broad beans, peas

Well fertilised routine

Initial substrate already fertilised

During cold weather, 6th week, humus every fortnight

Initial substrate already fertilised

If the cycle is long, 6th week, humus every month

“If they are under stress: spray the leaves with algae-based fertiliser with a fine-drop nozzle.
If they are “stalled” and do not grow: spray the substrate with humic acids with an adjustable nozzle on half-open.”

