


# Compost Tea

 **For as long as people have recognized the benefit of using compost, people have made compost tea.**

Traditionally, compost tea has been produced by putting finished compost into a barrel with water and letting it sit for many days until the liquid turns a dark brown. The finished product is then poured on and around the garden plants, adding valuable humic acid.

Over the past several years, researchers have found that aerating the compost tea while it is brewing increases its benefits to plants and soil. Adding air dramatically increases the number of beneficial microbes present in the tea, growing billions of microbes within hours. In Harmony uses a state-of-the-art machine to produce our compost tea.

When these microbes are applied to soils, their benefits are many. They improve plant growth and vigor by helping it take in nutrients and store food. Healthy plants are better able to resist diseases. They help break down compacted soils, allowing more air and root spaces for plants.

Some research has shown compost tea to be effective at suppressing plant diseases such as Phytophthora, Pithium and Fusarium. Compost


tea microbes can suppress diseases by increasing resistance to pathogens, antagonizing and competing with pathogens on leaf surfaces, and inhibiting pathogen spores.



## What In Harmony can do

- Do a foliar and/or soil soak with compost tea to improve plant health and vitality.

## What you can do

- There is no extra care needed for this application. Sit back and relax in your garden with a cool drink and enjoy your healthy plants. 

## References

- Benefits of organic teas: A review of the research literature. Organic Farming Research Foundation Information Bulletin, Winter 2001, Number 9.
- Evaluating the benefits of compost teas to the small market grower. Greenbook 2001, Energy and Sustainable Agriculture Program, Minnesota Department of Agriculture.

