

## Herbs for Soil Fertility

*The following herbs make a great addition to your mulch mix, can be made onto a tea for foliar application and can also be grown as green manure. The establishment of healthy soil is the very best means of avoiding pest/predator imbalance.*

**Alfalfa** – nitrogen, iron, phosphorus

**Azolla** – nitrogen

**Borage** – magnesium, iodine, iron, silica, potassium, phosphorus

**Bracken** – potassium, silica

**Cabbage** - boron, calcium, chromium, copper, iron, nitrogen, potassium, sulfur, zinc

**Chamomile** – potassium, phosphorus, calcium (tea is a good fungicide)

**Chickweed** – potassium, phosphorus, magnesium, manganese

**Chives** – calcium, sodium

**Clover** - nitrogen, phosphorus

**Comfrey** – nitrogen, potassium, calcium, magnesium, silica, iron

**Corn** - potassium

**Dandelion** – potassium, phosphorus, calcium, magnesium, silica, sodium, iron, copper

**Dock** – potassium, phosphorus, calcium, iron

**Fat Hen** – calcium, iron

**Fennel** – potassium, sulphur, sodium

**Horsetail** – silica, magnesium, calcium, iron, cobalt

**Garlic** – sulphur, fluorine, iron

**Kelp** – nitrogen, calcium, magnesium, sodium, iodine, iron

**Lamb's Quarters** - nitrogen, calcium, potassium, phosphorous, manganese.

**Legumes (beans)** – accumulate nitrogen in the soil

**Lemon balm** – phosphorus

**Marigold** – phosphorus

**Mustard** – phosphorus, sulphur

**Nasturtium** – sodium, fluorine, sulphur, magnesium, calcium, potassium, phosphorus, iron

**Nettles** – nitrogen, potassium, calcium, sulphur, sodium, iron, copper

**Oak leaf** – calcium

**Oat straw** – silica

**Okra** - potassium

**Parsley** – potassium, calcium, magnesium, iron

**Plantain** - silica, sulfur, calcium, potassium, iron, copper.

**Pumpkin** - potassium.

**Sow thistle** – potassium, magnesium, copper

**Squash** - potassium

**Strawberry leaf** – iron

**Sunflowers** – potassium, phosphorus

**Tansy** – potassium

**Thistles** - potassium

**Valerian** – phosphorus, silica

**Vetch** – nitrogen, potassium, phosphorus, copper, cobalt, boron

**Watercress** – potassium, phosphorus, calcium, sulphur, magnesium, fluorine, sodium, iron

**Yarrow** – nitrogen, potassium, phosphorus, iron, copper