



## Cast and Frass™

### How to use and uses information sheet

**Soil Amendment** - When used as a soil amendment, **Cast and Frass™** will give High Porosity (HP) grow mediums a microbe, nutrient and mycorrhiza boost. Mix 1 30L bag of **Cast and Frass™** with a 107L HP grow medium. **Cast and Frass™** is a living soil blend which main ingredients of **VermiCast™ Premium Worm Castings**, Super Black Soldier Fly Frass, Meal Worm Frass, Kelp and Leaf Compost provide a slow release of nutrients and a natural preparation of nutrients for availability by use of microbes and beneficial fungi. When mixing any ingredients with your own personal grow blend, use organic inputs. Many chemical additives can kill the microbes and destroy the beneficial fungi. Water pots thoroughly for first watering.

**Top Dressing** - When using **Cast and Frass™** as a top dress for previously potted plants, ensure there is at least 1" down from rim of pot to fill with **Cast and Frass™**. It is recommended to add to the top dress at each transfer to larger pots and to add as needed on a monthly basis to provide regularity of nutrients and microbes. Water pots thoroughly after applying to pots.

**Grow Mix** - **Cast and Frass™** can be used as a direct growing mix as is. It is a dense mix and may require thinning depending upon the plant selection. Add a ¼ cup of Vermiculite, Perlite, Pumice or rice hulls for every 4 liters of **Cast and Frass™**. You may also thin out by adding 1 cup of Coco Coir, Peat Moss or HP grow mix for every 4 litres of **Cast and Frass™**. **Cast and Frass™** contains nutrients and minerals that will be altered when thinning out the set mix within the bag and may require adjustments during grow cycle.

**Foliage Spray** - **Cast and Frass™** is a great compost blend for foliage spray. Use 1 cup of **Cast and Frass™** for every 1 Gallon of distilled water plus 2 table spoons of Sulfer-Free Organic Blackstrap Molasses.

**Cast and Frass™** has everything you need, no other additives required.

**Foliage Spray Instructions:** Mix molasses in distilled water. \* It is important that water is distilled water and not direct from tap water. Distilling water is as easy as leaving water in bucket for 24 hrs, or aerating it for 12 hours with air pump. This will remove chlorine or other impurities that may be used to clean drinking water and will kill the microbes and beneficial fungi.

Once molasses mixed distilled water is ready, place **Cast and Frass™** in a cheese cloth and tie ends together to create a pouch. Use twine to tie the pouch to the bucket handle at connection point and make sure the pouch is submerged approx. ½ way under top of water line, but not touching the bottom of pale.

Use a double airline aerator with large air stones attached and place at bottom of pale. Aerate for a minimum 24 hrs or until foam has been created well above the water line. It is important to create foliage spray at a minimum temperature of 72F/22C. If it is too cold, it will affect the microbe activity.

The foliage spray will be good to use for 3-5 days for small batches and 7-10 days for larger batches.

### ***Cast and Frass™ Ingredients***

**VermiCast™** Premium Worm Castings, Super Black Soldier Fly Frass, Super Meal Worm Frass, Leaf Compost, Perlite, Vermiculite, Kelp Meal, Bone Meal, Rock Phosphate, Calcium Sulfate, Glacial Rock Dust, Azomite, and Langbeinite.

**Note** - It is important to note that duplication of **Cast and Frass™** and **VermiCast™** may not be possible due to the Patent-Pending feed formula created for the variety of composting worms, meal worms and black soldier fly larvae. Creating your own similar mix may not produce equal results.

### **Tote size orders**

It is recommended that double the required amount is taken out of the tote and mixed prior to use to ensure the products within **Cast and Frass™** have not settled and the mix maintains its integrity. Place unused **Cast and Frass™** back into Tote. Distilled water may be added to contents of tote between uses to maintain microbe and beneficial fungi life.

**\*Cast and Frass™ has been accepted in the Ontario Made program, and the ingredients are Certified Organic and Canadian sourced. We are proudly a Canadian company with a conscious effort to be inclusive and diverse.**