

# Kitchen-to-Garden Soil Boost Cheat Sheet

Simple, proven household items to improve your soil (and what to avoid)

Item	What It Does	How to Use	Notes
Coffee Grounds	Adds organic matter, improves soil	Mix into soil or compost	Don't pile thick layers
Potato/Vegetable Water	Adds light nutrients	Cool, then water plants	No salt
Banana Peels	Adds potassium	Chop and bury or compost	Avoid whole peels
Epsom Salt	Adds magnesium	Dilute in water occasionally	Only if deficiency
Baking Soda	Helps with fungus	Light surface use only	Can harm soil if overused

Avoid: Vinegar (kills soil life), Salt (damages soil), Overuse of any item