



**GENERAL
ORGANICS**

Ancient Forest

alaska humus soil amendment

100% organic

Ancient Forest is composed of 100% pure forest humus, no fillers or additives. This product has been produced by Mother Nature through the process of natural composting. Since the last ice age, forests have been growing and dying in the Arctic leaving behind accumulations of rich natural humus. When you use Ancient Forest to grow your plants they receive the full spectrum of natural materials that have accumulated over thousands of years of growth and natural composting.

USAGE:

Blend Ancient Forest at a 10% to 25% ratio with neutral blends or soils.

Ancient Forest may be combined to enrich neutral rooting blends including: Peat, Coco Coir, Sawdust, Rockwool, Sand, Perlite, Vermiculite and Pumice.

Blend with prepared organic soils to add a special enhancement.

Blend with natural garden soil before planting.

Use as a top dressing for all kinds of fruits, flowers, vegetables, annuals, perennials, lawns, shrubs and trees. Broadcast a thin layer, approximately 1/2 inch, under drip line and around primary stem. Repeat periodically for best results.

Use as an additive to your home composting program.

Use as an additive for making Compost or Humus Tea. It is essential to constantly aerate tea with an air pump and aeration stone for two to three days. Use Humus Tea for irrigation and as a foliar spray.

Suggested amounts to use for brewing Humus Tea:

Dechlorinated Water	General Organics Ancient Forest Humus	General Hydroponics® Floralicious® Plus
5 Gallons	1.25 lbs (5 cups)	3 fl. oz (100ml)
25 Gallons	5 lbs (20 cups)	1 pint (450 ml)
50 Gallons	7 lbs (28 cups)	1 quart (900 ml)
500 Gallons	15 lbs (60 cups)	2.5 gallons (9 L)

For more information on Humus Tea and soil microbiology refer to 'Teaming with Microbes' published by Timber Press.

Ancient Forest is derived from Forest Products Compost. It is responsibly harvested from select locations to assure quality, purity and sustainability.

INGREDIENTS: 100% Forest Humus

Information regarding the contents and levels of metals in this product is available on the internet at <http://www.aapfco.org/metals.htm> F-1109



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0.5 cu ft (14.1 L)