

Instruction Booklet



Eco-Life

Supercharged Potting Soil



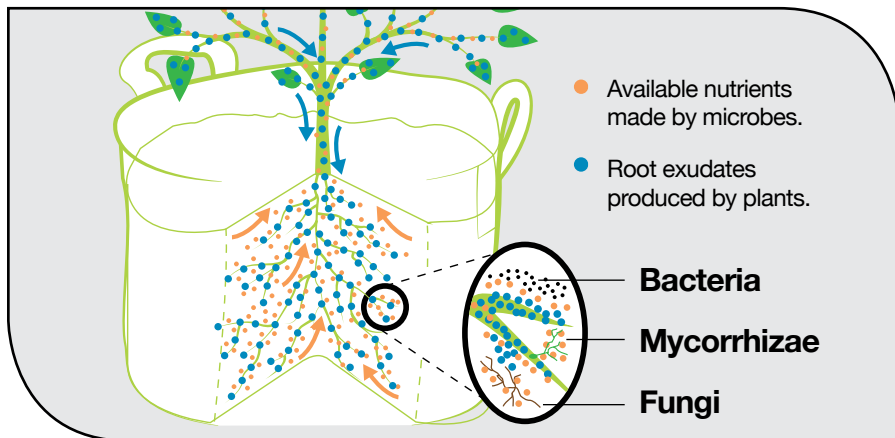
100%
Organic



NEW

Working with Nature

Plants Influence the Rhizosphere



Plants have evolved in a close relationship with the soil they grow in. Decaying organic matter, soil microbes and clean water are the building blocks of life. In healthy natural soils, plants are in control. They feed the soil with exudates containing carbohydrates and proteins which feed the first microbes in the soil food web - bacteria and fungi. After these come protozoa and nematodes, then arthropods and worms. Mycorrhizal fungi will also partner with the plant unlocking access to more water and nutrients.

However, the soils available to growers are not the same as in nature. Somehow, we have lost our way by using sterile substrates and synthetic fertilisers, not compost and the soil food web!

The good news is there is now another way, the original way. Real organic growing, using raw natural inputs, partnering plants and microbes the way nature intended.

Eco-Life soil is different to traditional bagged soils. You do not need to feed

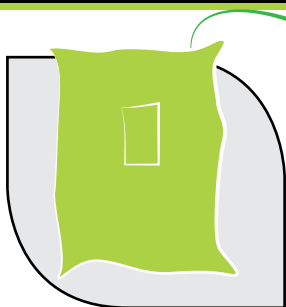
your plants, the nutrition is already loaded into the soil, you just need to help the microbes make it available. The basics are just to use good quality water, applied in a sensible manner, and allow the plant to take control.

We have created a blend of naturally sourced inputs that replicate a humus rich fertile soil. All of the ingredients we use are multi-nutritional and offer growth stimulating benefits to maximise plant health, vigour and immunity and by mixing in a range of long, medium and short release ingredients, Eco-Life gives plants everything they need from seed until harvest. No need to worry about what is needed or when.

We have done all the work in advance to charge the compost with our special blend of amendments, and mixed with premium grade peat and just the right amount of perlite, to give growers a high quality organic soil that can be used straight out of the bag.

**Plant something. Water it.
Watch it grow.**

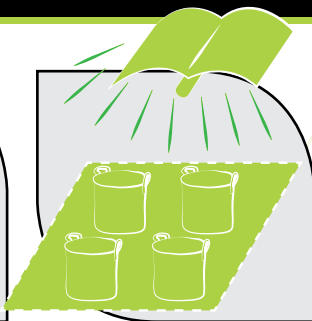
Pot Size & Growing Area



1x 40L Bag



1x 40L Pot



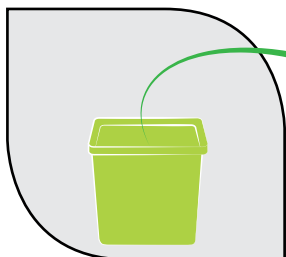
4x 40L Pots per 1.2m²

Nutrients in the soil

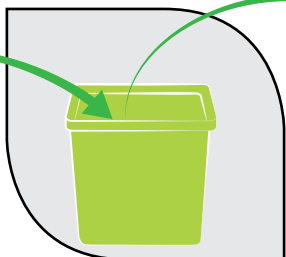
To get the full benefits of using Eco-Life, we recommend using approximately 160-200L per 1.2m². For example, 2 x 80L, 4 x 40L pots, 9 x 20L pots, or one big 200L bed would all be suitable.

Eco-Life contains all of the nutrients your plants will need throughout their entire life cycle but it is important to supply each plant with enough soil or they may outgrow the container. If this does occur you may need to supplement with a top dress of Life-Cycle or a good quality organic liquid feed.

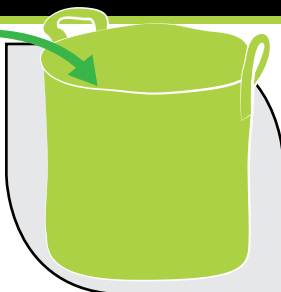
Propagation & Potting On



1-2L | 7-10 days



4-6L | 10-14 days



Final Pot | Until harvest

Starting plants in Eco-Life

It is best to start your plants off in Eco-Life. If you have a very sensitive plant that does not like too much initial nutrition, you can mix it with some coco coir, or a lighter soil mix but it is generally suitable for most plants from the beginning.

Watering

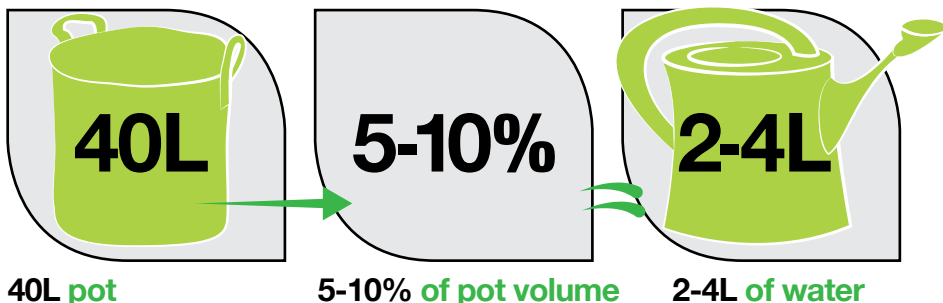
Build up the water gradually...

Eco-Life is loaded with compost and rockdust, which create a moderately high water holding capacity. After your first watering, keep a close check on your plants and repeat a few days later. It is better to water little and often with small plants than to water to saturation, which will stunt their development.

The aim with watering is to keep the soil evenly moist, never too dry but not too wet. Pots will have wetter layer at the bottom whilst the top layer will dry faster. It is VITAL that you water this mix with care and attention! Too much water will leach nutrients from the soil and cause poor root growth.

A good rule of thumb for the first watering: apply 5-10% of the total pot volume. If using the recommended 40L pot, apply 2-4L and monitor from there.

1st watering



DO NOT WATER TO REACH RUN OFF

Best to water with can + rose

A watering can with a fine 'watering can rose' is best to water evenly and slowly over the soil surface. Using a jug or open spout will cause uneven watering issues. Using straw as a mulch helps to minimise evaporation and leads to an evenly moist soil, requiring less frequent watering. If your top layer is drying too fast, add a thicker layer of mulch.

To maintain healthy soil it is best to use chlorine-free water. If using tap water, allow it to stand for at least 48 hours, alternately use an inline chlorine filter or Ecothrive Neutralise. RO is not recommended for long term use unless re-mineralised.



Top Dressing & Supplementation

When growing with Eco-Life, you can lightly top dress with Life-Cycle at the start of bloom to give the soil an extra boost. Life-Cycle can also be used as a regular top dress supplement every 2-3 weeks for longer grows or more demanding plants.



**Dust on top
of soil at the
start of bloom**

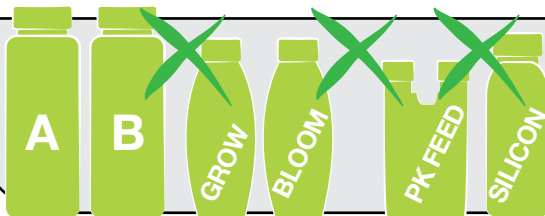
**1-2 tablespoons
(15-30ml)**



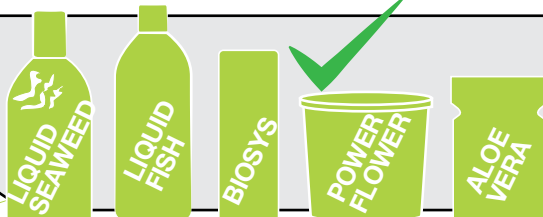
CAN I USE OTHER NUTRIENTS & ADDITIVES WITH IT?

If you feel your plants need it, you can use other additives such as seaweed extract, liquid fish hydrolysate or emulsion, amino acids, humic and fulvic acids, and Aloe Vera extract, to name a few. Ecothrive Biosys used every 2 weeks will help with microbial activity and diversity.

PK boosters should be avoided with living soil, but some organic bloom boosters made from fermented plant extracts are compatible. Anything added should be carefully considered. Unless there is a reason why you are adding something, don't add it. Keep it simple.



Lots of bottles
**NOT
NEEDED!**



**ORGANIC
additives**
can be used, just
don't over do it!

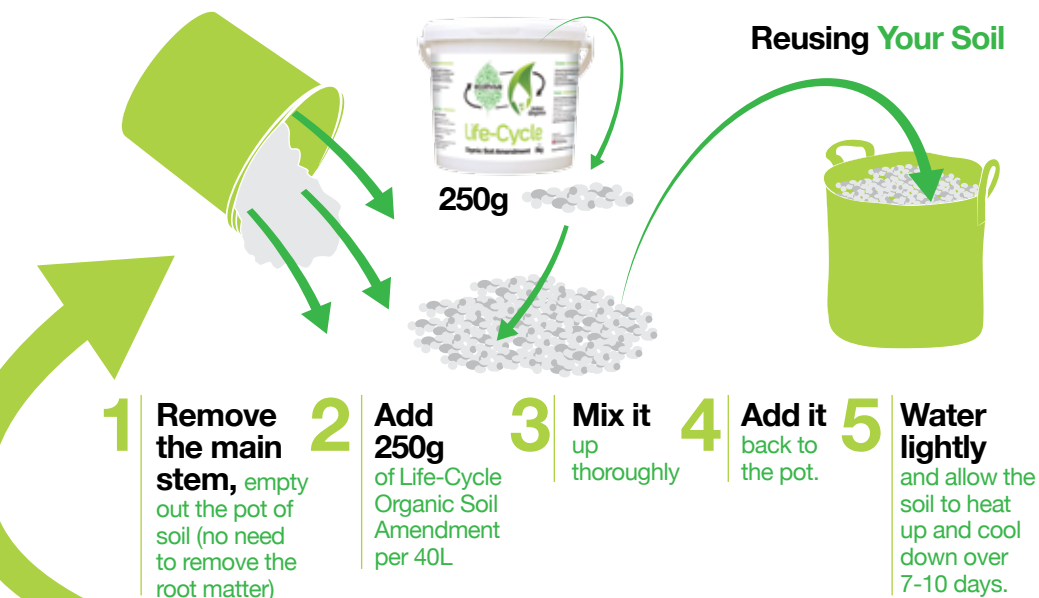
Preparing to Finish



Preparing to Finish

At the end of the plants life it will mature naturally, with no need to 'flush' in conventional terms. If no additional feeds were added during the grow then there is nothing to remove, the plant will just stop feeding when it is finished and slow down its processes until ready to harvest. No need to flood the soil or using any flushing agents.

If you use additional top dressings of Life-Cycle or other nutritional organic inputs, time your last application around 4-5 weeks before the harvest to leave enough time for the soil life and plant to make use of it.



Mulching & Worms

These are optional extras, but will take your organic living soil to the next level.

You can use Eco-Life as it is, but if you really want to get the very best from it there are a few extra tips and tricks we've learned along the way....

Mulching

- A thick lasagne type layering of fresh and dry organic material (straw, hay, stems and leaves etc from previous grow)
- Keeps moisture in and helps maintain an even moisture level throughout the container
- Allows the soil to reach optimal conditions for roots and micro-life
- Creates a composting effect on the top layer which provides HUGE benefits to an organic garden.



Worms

- Helps improve soil aeration and structure
- Feed on the mulch layer and top dressings to build a layer of 'vermicompost' on top of the soil
- Help convert organic inputs into plant available nutrition with their enzymatic feeding system
- Hugely beneficial to the soil food web and long term health of soil
- Will mean every cycle gets better and better by working 24/7 365 free of charge on your behalf.



High quality mulch and super healthy worms are available from Indoor Organics and other good organic grow shops

Why you should use **Eco-Life** over anything else...

If you want to grow the **healthiest plants and harvest high quality produce,** there really isn't any better way than in good organic living soil.

Plants just love to be able to spread their roots and interact with the microbes around them to do what they have done forever! They don't need someone feeding them with bottles if the soil is good to start with and that is what we have done with Eco-Life... there is no longer a need to continually feed plants with concentrated liquids, it has all be done in advance, so all that is needed is to water them.

It may sound simple but it is how nature intended and if we adopt a natural approach we can achieve superior results, naturally. All growers want to grow the best plants possible with the least amount of effort and with real living soil like Eco-Life, that is exactly what you get.

There is no need to mix up different feeds for different plants, or worry about what to feed when. The plants feed themselves, from the soil, by working with the microbes that will flourish when the soil is tended. It is time to go back to our roots, and grow the way we always used to.



“**real organic growing**”

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