

# 12 Kitchen Waste Phosphorus & Potassium Fertilizer Recipes

TURN DAILY FRUIT PEELS AND SCRAPS INTO LIQUID GOLD

During the fruit enlargement and root swelling stages, your strawberries and carrots crave high amounts of **Phosphorus (P)** for structural root strength and **Potassium (K)** for sugar accumulation and photosynthesis. Stop spending money on chemical fertilizers; unlock the kitchen empire below.

## ⚠️ CRITICAL FERMENTATION SAFETY HACK

Liquid fertilizer fermentation produces heavy amounts of carbon dioxide gas. **NEVER fill mineral water bottles or milk jugs completely to the top.** Leave 20% empty space, flatten the bottle slightly with your hands before closing, and unscrew the lid daily for the first week to release high gas build-ups safely.

## The Top 6 High-Potassium Master Peels (Fruit & Root Size Exploders)

### 1. The Banana Peel Liquid Gold **N-P-K Ratio: 0-3-41**

- **Preparation:** Chop 3 fresh banana peels into small squares; drop them into a 2L clean plastic mineral water bottle.
- **Acceleration:** Add 1 small spoonful of brown sugar and a pinch of active bakery yeast to quicken decomposition.
- **Process:** Fill with water (leave 20% headspace), seal tightly, and place under direct hot summer sun for 7-10 days.
- **Application:** Dilute the dark liquid **1:100** with fresh water. Pour directly over strawberry roots every 15 days.

### 2. Cucumber Peel Micro-Booster **N-P-K Ratio: 0-11-27**

- **Process:** Stuff fresh cucumber shavings immediately into an empty milk jug or small water bottle. Add water.
- **Fermentation:** Let it sit in a warm sunlit area for 14 days until the water turns pale yellow-green.
- **Benefit:** Supplies dynamic trace minerals like Calcium, Magnesium, and Zinc alongside solid potassium.

### 3. Orange & Citrus Acidified Extract **N-P-K Ratio: 0-3-27**

- **Process:** Shred citrus rinds to release essential oils. Ferment in a closed bottle for 30 days.
- **Bonus Feature:** Naturally lowers soil pH—excellent for acid-loving crops like container strawberries. It also repels aphids.

#### 4. Potato Peel Starch Loam Maker

N-P-K Ratio: 0-5-27

- **Process:** Boil or soak raw potato skins in water for 48 hours to extract minerals, then ferment for 30 days.

#### 5. Watermelon Rind Deep-Hydration Blend

N-P-K Ratio: 0-10-12

- **Process:** Blend or chop leftovers, ferment with brown sugar for 7 days. Offers very high organic phosphorus vectors.

#### 6. Apple Peel Light-Sugar Wash

N-P-K Ratio: 0-3-12

- **Process:** Ferment skin shavings for 15 days to extract natural carbohydrates that feed beneficial soil micro-fauna.

## 6 Additional Kitchen & Garden Materials

Mix, powder, or ferment these remaining 6 items to build comprehensive soil defenses: **7. Onion Skins, 8. Garlic Peels, 9. Winter Melon Rinds, 10. Luffa Rinds, 11. Zucchini Peels, 12. Powdered Peanut Shells** (blend into fine powder to dramatically increase soil permeability and water retention capacity).

## Long-Term Storage Method (The Next-Spring Hack)

If you are fermenting kitchen rinds in late summer or autumn when plants no longer require heavy feeding, do not throw them away. Let them fully ferment and decompose for 3 months inside deep 4-Liter milk bottles. Store them safely over winter. Next spring, dilute this highly concentrated liquid gold 100 times to completely replace expensive chemical store-bought items!