

Dr. Sunn's growing medium mix: In a wheelbarrow mix 14 shovels of sandy & loamy "garden soil"; 1 bag of *Black Kow*; a 5-gallon bucket of loosened peat moss; a 3-gallon bucket of perlite; and when available, 1 cup of Epsom salt; 2 cups of balanced 13-13-13 fertilizer; two shovels of compost (when available); and 2 cups of coffee grounds/powdered eggshell mix (helps stop blossom end rot in tomatoes, peppers, zucchini, and cucumbers—eggshells are dried in an oven, then mashed into small pieces, using a tenderizing hammer in a metal coffee can, and then they are pulverized in a coffee grinder and mixed with used, dried coffee grounds). All items are mixed in the wheelbarrow and then either fill or top-off my planting containers.

Sources:

- Sandy & loamy "garden soil" – Geosource <https://geosourceinc.com/>
- Peat moss and *Black Kow* – Lowes <https://www.lowes.com/>
- Perlite – South Texas Growers <https://www.southtexasgrowers.com/>
- Epsom salt – Sam's Club <https://www.samsclub.com/>
- Balanced 13-13-13 fertilizer – Bulverde Feed & Seed <https://www.bulverdefeed.com/>
- Used coffee grounds – free at most any coffee shop or restaurant. <https://otgcoffee.com/>, <https://www.starbucks.com/>



Wicking barrel, wicking tub videos:

- <https://www.youtube.com/watch?v=radHBan7-BI>
- <https://www.youtube.com/watch?v=SIAOI995SaQ>
- https://www.youtube.com/watch?v=9guNoWP8_Is&t=632s
- <https://www.youtube.com/watch?v=k429cPIH6mM&t=163s>
- <https://www.youtube.com/watch?v=E8aE9nd8D4s>
- <https://www.youtube.com/watch?v=wGF72sOwgJl>