

Hey there! Veronica here with some info about the sample I've included in your box :)

First up: we're not selling this yet. We want to work with the company and the state to get it registered first, because the possibilities for this to replace all current fungus gnat remedies is HUGE, and we can't talk about that if we sell it unless it's registered. So for now, we're not selling it - these are free samples!

This mustard seed meal is Brassica juncea 'Pacific Gold,' a cultivar that has a high concentration of glucosinolates that kill fungus gnat larvae and adults. For more info, this study is available online:

(search for this) Effectiveness of Defatted Mustard Meals Used to Control Fungus Gnats: 2000-2002

It also acts as a slow-release fertilizer (NPK 4.5 - 1.5 - 1.15) and feeds your beneficial soil microbes :)

To use, either mix with your Oh Happy Dirt or (to make it last) use as a top-dressing.

I've got it mixed with some of my soil at home, and I top-dressed (sprinkle on a generous amount and mix in the top ½" of soil) several pots. I also sprinkled it on the soil surface without mixing in to see if that would work, and I have gnat traps everywhere - so far they don't seem to want to go near the pots with mustard!

Important:

- **Do not allow pets to eat it (I don't know if there would be any issue, but no information means I want you to be careful).**
- **Do not use for seedling mixes unless you mix it in and then let it rest/compost for 3+ weeks (it prohibits germination - your seeds won't sprout).**
- **Do not put on leaf surfaces (rinse off thoroughly if you do on accident).**

Great for beneficial microbe health! Info from our supplier:

"Applications of Mustard Seed Meal selects for specific bacterial and fungal communities in the soil. These specific communities work to improve nutrient availability for the crop, reduce plant stress, increase plant vigor, and improve yields. Scientists nation-wide have reported a consistent promotion of soil fungal and bacterial communities containing *Trichoderma spp.*, *Streptomyces spp.*, *Pseudomonas spp.*, *Anthrobotrys spp.*, *Plectosphaerella cucumerina*, *Dactylella oviparasitica*, *Paecilomyces lilacinus* and many more. Each of these beneficial microbes play a crucial role in the complex interaction occurring between soil and roots creating a long-lasting symbiotic relationship that aids in the enhanced production and protection of crops."

Application rate: 3% of soil mix:

- Just under ½ cup per gallon soil
- 2 ½ TB per "generous quart" from OHP

Top-dressing: sprinkle evenly on soil surface and mix into the top 1" of soil:

- ¼ TB per 4" pot
- ½ TB per 6" pot
- 1 TB per 8" pot
- 1 ½ TB per 10" pot