

All Kangen Made Easy VI

GARDENING WITH KANGEN WATER



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Information retrieved from Enagic

Just like your body needs clean, alkaline, and chlorine-free Kangen Water for health, your plants also need the healthy water for optimal growth and nourishment.

The water from your Kangen Water machine can even revitalize weak plants, making them stronger and more vibrant than ever before!

Kangen Water also stimulates germination and seedling development, leaving your plants in peak condition without the use of harmful chemicals.

Nourishing vegetables and flowers with Kangen Water in your own garden means you can **save money at the grocery store and florist, reduce (or eliminate) the amount of pesticides** in your home, and even cut down on all the wasted resources associated with transporting plants, flowers, and produce across the globe. Lowering your carbon footprint has never been so rewarding!

Tips for a successful Kangen Garden

- Always plan ahead. Sketch your garden with pen and paper so you have a clear plan of where everything will be planted. Smaller plants should be in the front and bigger plants in the back.
- Water your plants in the morning or late evening, when it is not too hot outside. In the winter, water your plants when the temperature is above 40 degrees with no snow cover.
- Make sure to read the planting instructions of each of your plants so you know exactly how much Kangen Water they need.
- Plants need additional watering in windy climates, as the wind can dry out the earth and plants quickly.
- If your soil could use a boost, use your own Kangen Compost. This homemade organic fertilizer will bring new life your soil and plants!
- Gardening is a fun, sustainable, and environmentally responsible decision that will help sustain your family's overall wellness. You and your children have much to gain from greening your home with a garden. Find out how you can improve your life and surroundings by growing your very own Kangen Garden.

BASIC GUIDE

Shade loving indoor and outdoor plants:

They grow best in an **acid based soil**.

- Water them with pH 4-6 water.
- Once a month, water with a mix of equal parts pH 2.5 water and pH 4-6 water. This maintains a slightly acidic soil.

Sun loving plants and succulents:

- These plants prefer a more **neutral pH soil**.
- Water these plants with pH 4-6 ionized water.

Bulbs:

These prefer a slightly **alkaline soil**:

- To maintain the proper pH, water regularly with a mix of equal parts pH 4-6 and pH 9.5 ionized water.



VEGGIES AND FLOWERS

Enhancing germination of vegetable and flower seeds:

- Soak the seeds for 6-8 hours in pH 11.5 ionized water before planting. You will find that most seeds will begin to sprout during that soak.
- Plant the seeds according to package directions and water with pH 9.5 ionized water until seedlings break through the soil.

Plants that prefer an ALKALINE soil:

- Asparagus, beets, cabbage, cauliflower, celery, carrots, mushrooms, parsley, geraniums, irises, phlox, vinca, hydrangeas (for pink blooms), and lilacs.

Plants that prefer a NEUTRAL soil:

- Spinach, parsnips, dahlias, chrysanthemums, Brussels sprouts, sweet peas, broccoli, beans, avocado, cantaloupe, kiwi, mint, lettuce, onions, yams, radishes, squash, bell peppers, and tulips.

Plants that prefer an ACIDIC soil:

- Rhododendrons, begonias, azaleas, heathers, hydrangeas (for blue blooms), peanuts, cucumbers, potatoes, dill, leeks, chili peppers, eggplant, garlic, chives, artichoke, tomatoes, and most berries. Use Mild Acidic Water for these. Roses grow most vibrantly with pH 5.5 - 6.5, so you may want to experiment with Beauty Water (set at pH 6.0) and Neutral Water (pH 7.0)

KANGEN COMPOST

Composting is the natural process of recycling organic matter, such as leaves and food scraps, into a valuable fertilizer that can enrich soil and plants. Composting is easy, natural, environmentally responsible, and it actually has a pleasant earth aroma when aerated properly.

Recycling organic materials in a compost pile will help keep your plants and soil healthy, so you can take pride in your eco-conscious lifestyle that promotes a greener Earth.

Composting can be done both indoors and outdoors and can be as complicated or as simple as you would like.

The best way for you to compost at home depends on several factors:

- Where you live/availability of space
- How much organic waste you produce
- What kind of organic waste you produce (kitchen and/or yard waste)
- Amount of time you can spend on the composting process

[Composting 101](#)

How to get started:

You can choose to compost indoors or outdoors, and you'll find many different designs and styles of compost bins in most garden supply stores. Of course, you can always build your own compost pile from items in your garage (chicken wire, scrap lumber, cement blocks, etc). Visit [Composting 101](#) to know more on how to compost.

Basic guidelines for starting your own compost pile

A general rule is to use 3 parts "Brown" to every 1 part "Green"

Greens: grass clippings, leaves, weeds, kitchen scraps (fruits, vegetables, coffee grounds, tea leaves, etc)

Browns: dried grass or leaves, cornstalks, straw, wood shavings (with moderation)

Keep your compost pile aerated, turning frequently.

Do not compost: meat, bones, dairy products, ashes, paper

Water

50-60% of your compost pile should be water. This is a difficult amount to guess, so a good rule of thumb is to make sure your compost feels moist but not soggy - like a wrung out sponge.

To know which water to use for your compost, you should first test the pH of your soil. The ideal soil pH is about 6.3 - 6.8, which is very slightly acidic. If you find that your soil is already too acidic, you should use Drinking Water to create a healthier balance. If your soil is too alkaline, try Mild Acidic Water in your compost. Finally, you can use clean Neutral Water in your compost pile if your soil is already balanced perfectly.

Vermicompost:

You can compost in your own home with vermicompost, which uses red wiggler worms to do the hard work for you. These helpful worms can be purchased at a bait shop or online worm farm. An indoor compost is convenient because you can store it in a lid-tight container in your pantry, allowing for quick, hassle-free food scrap dumping while you are cooking or cleaning up after a meal.

You will need scraps of shredded paper, red wiggle worms, garden soil, Kangen Water (Mild Acidic Water, Neutral Water, or Drinking Water), and food scraps to get your vermicompost started.

Red wiggler worms enjoy fruits, vegetables, egg shells, tea bags, coffee grounds, and grains. Vermicomposting takes a little longer than a backyard compost - about 4 to 6 months. Meanwhile, outdoor composting only takes about 3 to 4 weeks to harvest a good batch. But vermicomposting is a great solution if you are limited to a small yard or don't enjoy trips to the outdoor compost in chilly weather.

Using your own compost:

For your garden and outdoor plants, add compost as a soil fertilizer from spring to fall. For indoor plants, fill a spray bottle with Kangen Water, and then add a couple tablespoons of Kangen Compost for an extra boost of nutrients.