



Banana Peel Water

Turn kitchen scraps into a free, potassium-rich liquid fertilizer your garden will love — organic, easy, and zero cost.

www.omahagardener.com

KEY NUTRIENTS

Potassium

Magnesium

Calcium

Iron

Manganese

Sodium

Brewing Method

SLOW · NO HEAT · HANDS-OFF

- 1 Fill a large jar halfway with water**
Keep in the fridge as your base.
- 2 Add peel pieces after each banana**
Cut small — more surface area, better infusion.
- 3 Strain when full (1–2 weeks)**
Dilute with 1 gallon of plain water before use.

💡 Always dilute before applying — never use straight

Boiling Method

FAST · READY IN 45 MINUTES

- 1 Boil several peels in ¼ gal water**
Simmer on low heat for 30–45 minutes.
- 2 Strain and let cool completely**
Never apply hot liquid directly to plants.
- 3 Dilute with ½–1 gallon of water**
Minerals survive boiling — nutrients intact.

💡 Dry & grind used peels into slow-release soil powder

Why Potassium Matters

THE #1 NUTRIENT IN BANANA PEELS

- **Stronger stems** — plants grow upright and resist wind & breakage
- **Water regulation** — helps plants manage drought stress effectively
- **Disease shield** — guards against fungal & bacterial infections
- **Better photosynthesis** — converts sunlight into energy more efficiently
- **Bigger yields** — essential for fruit, flower & seed development

1–2× Apply per week
Water at base of plant. Diluted. Never overdo it.

Signs of K Deficiency

YOUR PLANTS ARE TELLING YOU SOMETHING

- 🍂 **Brown leaf edges**
- 💛 **Yellowing leaves**
- 🍇 **Purple leaf spots**
- 🌿 **Drooping stems**
- 🍓 **Poor fruit set**
- 🌱 **Stunted growth**

Best plants to try first:
Roses · Tomatoes · Peppers · Potatoes · Houseplants

Foliar Spray Recipe — Feed Through the Leaves

SPRAY DIRECTLY ON LEAVES FOR FAST, FULL-PLANT NUTRIENT ABSORPTION



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DRIED & GROUND BANANA PEELS



3

DRIED & GROUND EGGSHELLS



1 tbsp

EPSOM SALT



1 qt

WATER

Directions: Blend all dry ingredients into a fine powder using a food processor. Stir into water, pour into a labeled spray bottle, and apply directly to plant leaves. Eggshells contribute calcium · Epsom salt adds magnesium · Banana peels deliver potassium.

Pest Control Uses

YOUR PEELS DO DOUBLE DUTY

Aphid Repellent

Spray diluted banana peel tea on plant leaves to repel aphids from both indoor and outdoor plants. Leaves absorb minerals as a bonus.

Fruit Fly & Gnat Trap

Combine banana peel pieces with apple cider vinegar in a lidded container. Poke small holes — flies enter and can't escape.

Soil Strengthenener

Consistent watering with banana peel water builds potassium levels in soil, protecting plants against root rot, fungal issues, and gnats.

Fermented Banana Vinegar

Ferment peels 2–3 weeks until vinegar-scented. Dilute and use for acid-loving plants like blueberries, azaleas, and hydrangeas.

