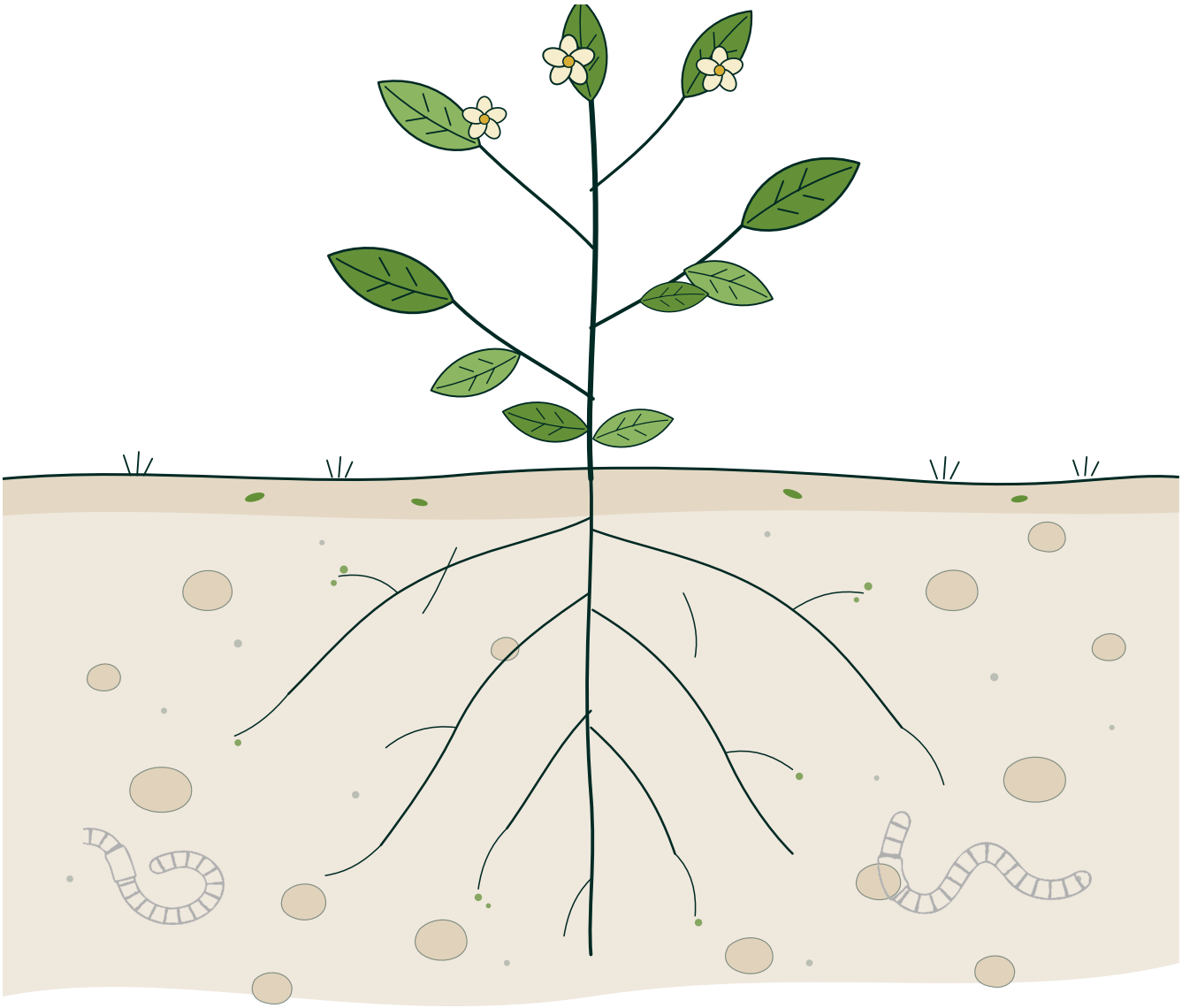
JEEVANBHOOMI PRESENTS

THE SOIL RESET

A Practical Guide to Healthier Soil,
Stronger Roots & Better Plant Growth



JEEVANBHOOMI

THIS GUIDE STARTS BELOW THE SURFACE

Most gardening advice looks at leaves, flowers and fertiliser. This guide looks at what sits underneath all of it: the soil your roots live in.

Across 21 short sections, you'll learn why soil gets tired, what vermicompost really is, how much to use and when, how to judge quality, and a simple routine you can follow for any pot, grow bag or bed.

Every recommendation is based on published horticultural research. Where the science says "it depends", we tell you what it depends on.

INSIDE THIS GUIDE

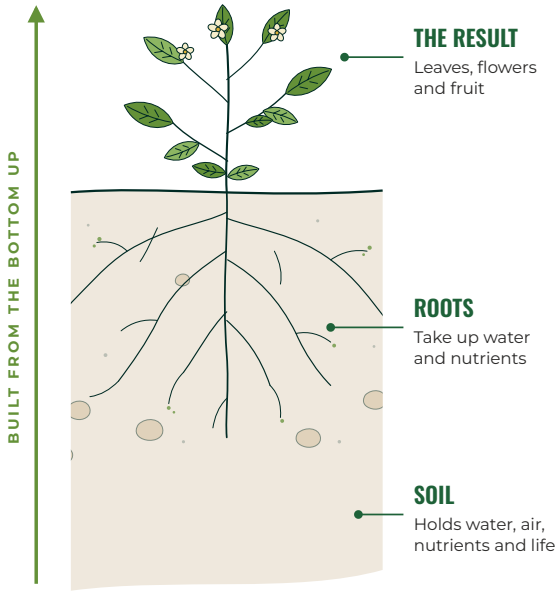
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01 YOUR PLANT PROBLEM MAY ACTUALLY BE A SOIL PROBLEM

Before feeding your plant, look at what its roots are growing in.

When leaves turn yellow or growth slows, most of us reach for fertiliser, move the pot, or change the watering. Sometimes that works. But much of what happens above ground is decided below it.

Roots can only take up water and nutrients when the soil around them has enough moisture, air and the right conditions. A pot full of nutrients can still leave a plant hungry if its roots can't use them.



Healthy growth is built from the bottom up.

WHY IT MATTERS

Yellow leaves, brown tips and wilting can come from hunger, but also from overwatering, salt build-up or poor light. Checking the soil first helps you fix the real cause instead of guessing.

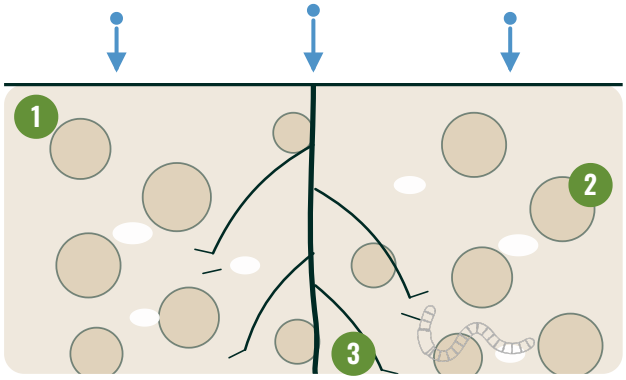
02 WHY SOIL GETS "TIRED"

Gardeners call it tired soil: the plant was thriving, and now it isn't, even though nothing obvious changed. It isn't a scientific diagnosis, but the causes are real.

In pots, the mix slowly breaks down and settles, leaving less room for air and water. Every watering and harvest carries nutrients away. Salts from fertilisers and hard water collect as water evaporates. And as organic matter gets used up, the soil loses much of the crumbly structure and life that kept it working.

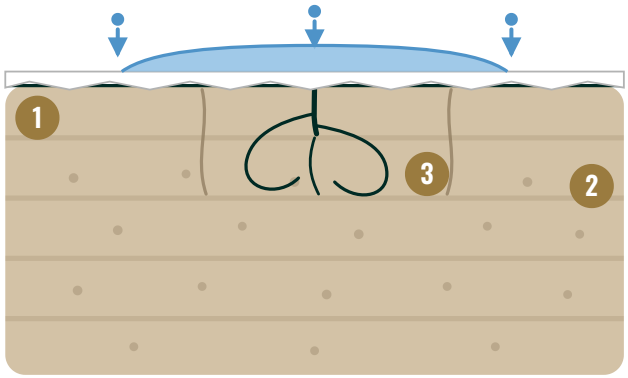
5 SIGNS YOUR POTTING SOIL NEEDS ATTENTION

- [ ] A white or yellowish crust on the soil or pot rim
- [ ] Water pools on top, or rushes straight out of the drainage hole
- [ ] The surface is hard, or has shrunk away from the pot's edge
- [ ] Roots circle the pot or poke out of the drainage hole
- [ ] Growth stays slow even with regular feeding



WORKING SOIL

1 Water soaks straight in. **2** Crumbs leave air gaps between them. **3** Roots reach deep and spread.



TIRED SOIL

1 Water sits on a salt crust. **2** Packed into solid layers, almost no air gaps. **3** Roots stay shallow and circle.

Gardener's tip: seeing a salt crust? Scrape it off, then water slowly until plenty drains from the bottom. Empty the saucer afterwards, so the salts you just flushed out aren't soaked back up.

03 BEYOND FERTILISER: FEEDING A PLANT VS. BUILDING HEALTHIER SOIL

Fertiliser and soil care do different jobs. Fertiliser delivers nutrients quickly, which is useful when a plant needs them.

Organic matter improves the place roots live. It helps soil hold water and air, feeds soil organisms, and influences how well nutrients stay available.

Most healthy gardens use both. The difference is where your attention goes.

ONLY FEEDING THE PLANT	SUPPORTING SOIL + PLANT
A quick nutrient top-up	Nutrients plus better growing conditions
Focus on the leaves you can see	Focus on roots and the soil around them
Soil structure stays the same	Helps crumb structure, air and moisture
Little support for soil life	Food and habitat for soil organisms
Useful for a specific, immediate need	Builds conditions that last longer

04 WHAT EXACTLY IS VERMICOMPOST?

VERMICOMPOST IN ONE SENTENCE

Organic material that earthworms and microbes have turned into a fine, crumbly, stable material that helps soil work better.

It starts with organic materials such as cattle dung, crop residues and plant waste. Composting earthworms feed on this material, and together with microbes, turn it into earthworm castings mixed with well-processed organic matter.

The result looks like soil, but it isn't ordinary soil. It is concentrated organic matter with active biology, meant to be **added to** soil or potting mix, not used instead of it.



CASTINGS

What earthworms excrete: fine, rounded particles.



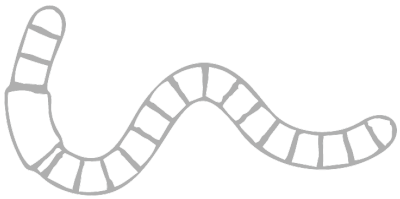
VERMICOMPOST

Castings plus the processed organic matter around them.

05 THE EARTHWORM EFFECT: WHAT EARTHWORMS ACTUALLY DO

Composting earthworms live near the surface and feed on decaying organic matter rather than soil. In India, species such as the African nightcrawler (*Eudrilus eugeniae*) and the red wiggler (*Eisenia fetida*) are widely used.

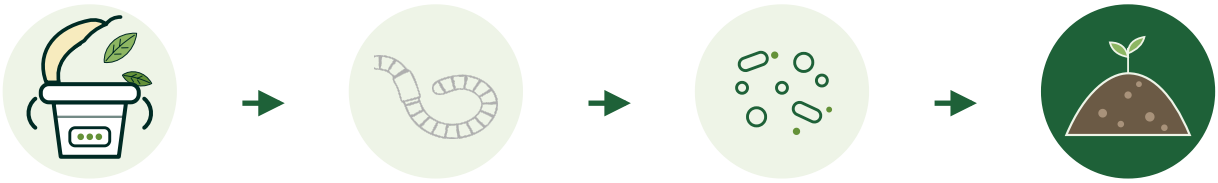
Worms don't work alone. They grind and mix material into tiny pieces, giving microbes far more surface to work on. Worms and microbes together turn waste into vermicompost.



SOIL SCIENCE, SIMPLIFIED

A worm bed never heats up like a hot compost heap. That's why good producers carefully prepare their raw materials and give the process enough time.

HOW ORGANIC MATERIAL BECOMES VERMICOMPOST



ORGANIC MATERIAL

Kitchen scraps, garden trimmings and farm waste

EARTHWORMS FEED

Worms eat, grind and mix the material

MICROBES WORK

Tiny fragments give microbes more surface to break down

VERMICOMPOST

Fine, crumbly, stable organic matter with castings

06 WHAT'S INSIDE GOOD VERMICOMPOST?

Think of vermicompost as a package of six things working together. The exact mix depends on what the worms were fed and how the material was made, so no two batches are identical.

GOOD TO KNOW

Vermicompost contains far lower nutrient levels than fertilisers. Its value comes from the whole package, not nutrients alone.

ORGANIC MATTER
The backbone. Improves structure and moisture holding.

PLANT NUTRIENTS
Nitrogen, phosphorus, potassium and other nutrients, in modest amounts.

EARTHWORM CASTINGS
Fine, stable particles that make up much of the material.

BENEFICIAL MICROBES
Bacteria and fungi that keep nutrients cycling in soil.

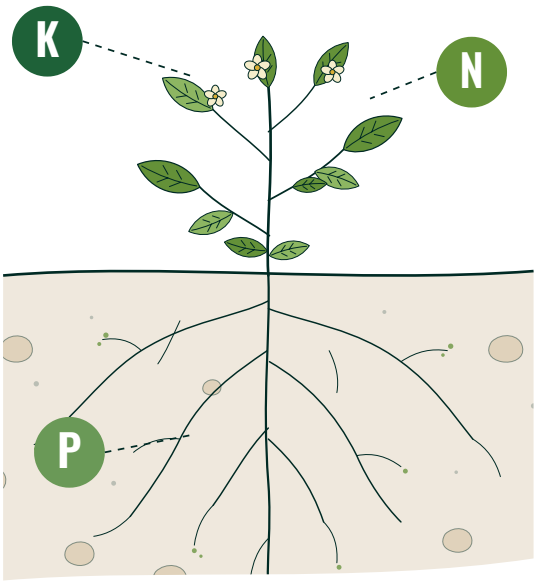
HUMIC SUBSTANCES
Stable compounds formed as organic matter decomposes.

ENZYMES
Proteins made by living organisms that break organic matter down.

In JEEVANBHOOMI Soil Active Vermicompost: earthworm castings together with phosphate, humic acid, enzymes and beneficial microbes including Azotobacter and Trichoderma.

Enrichments such as mustard cake (sarso khal) are offered as a customised option for particular farm crops. Home and garden plants don't need them.

07 N, P & K WITHOUT THE CHEMISTRY LESSON



N NITROGEN: LEAVES AND SHOOTS
Needed for leafy growth and the green pigment plants use to make food. Short of N? Older, lower leaves turn pale yellow first.

P PHOSPHORUS: ROOTS, SEEDS AND FRUIT
Important for root formation and for developing flowers, seeds and fruit. Short of P? Growth is stunted and older leaves may turn purplish.

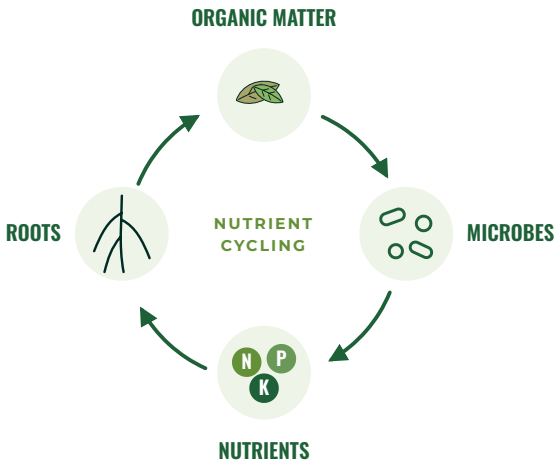
K POTASSIUM: THE WHOLE PLANT
Supports overall plant function, including roots, fruit and seed development. Short of K? Older leaves yellow and brown along the edges.

Yellow leaves have many causes, including overwatering and poor light. Check those before adding nutrients.

08 THE INVISIBLE WORKFORCE: SOIL MICROBES

A spoonful of healthy soil holds a vast community of bacteria and fungi. They break down organic matter, release nutrients in forms roots can take up, and help build the crumbly structure roots grow best in.

Vermicompost feeds this community with organic matter and brings microbes of its own.



SOIL SCIENCE, SIMPLIFIED

Microbes need what roots need: moisture, air and organic matter to feed on. Waterlogged or bone-dry soil slows them down.

MEET AZOTOBACTER

A soil bacterium that can capture nitrogen from the air and convert it into forms that become part of the soil. Research suggests its benefits to plants are often indirect, so think of it as a helper in the soil community, not a fertiliser.

MEET TRICHODERMA

A group of common soil fungi. Some strains live on root surfaces, where research links them to healthier root growth and better nutrient uptake. Effects depend on the strain and the growing conditions.

09 HUMIC SUBSTANCES, ENZYMES & ORGANIC MATTER, EXPLAINED SIMPLY

ORGANIC MATTER

THE SPONGE AND THE PANTRY

Holds water and air, and stores nutrients that are released slowly as it breaks down.

HUMIC SUBSTANCES

THE GLUE AND THE BUFFER

Help bind soil into crumbs and smooth out sudden swings in acidity and nutrient availability.

ENZYMES

THE SCISSORS

Proteins made by living organisms that cut complex organic material into simpler pieces.

WHY SHOULD AN ORDINARY GARDENER CARE?

Because together these make soil more forgiving. Soil rich in organic matter holds moisture between waterings and is less prone to sudden swings in nutrients and moisture.

> In laboratory studies, humic acids extracted from vermicompost encouraged root growth in seedlings. Results in a real pot depend on many factors.

10 7 PRACTICAL BENEFITS OF VERMICOMPOST

What vermicompost can realistically do for your soil and plants, and why each benefit matters to you as a gardener.

1 ADDS ORGANIC MATTER

Replaces what is used up as soil and potting mix break down over time.

Why you care: organic matter underpins almost every other benefit here.

2 IMPROVES SOIL STRUCTURE

Helps soil particles clump into crumbs, with spaces for air and water between them.

Why you care: roots spread more easily and water drains better.

3 HELPS HOLD MOISTURE

Organic matter soaks up water and releases it gradually, especially in coarse or sandy mixes.

Why you care: pots dry out less abruptly, which helps on hot terraces.

4 SUPPLIES GENTLE NUTRITION

Provides nutrients in modest amounts: some available straight away, some released over time.

Why you care: a steady supply rather than a sudden, strong surge.

5 SUPPORTS SOIL LIFE

Adds organic food and beneficial organisms for the soil community.

Why you care: active soil life keeps nutrients cycling.

6 SUPPORTS ROOT DEVELOPMENT

Better structure and biological activity create conditions roots respond to, when used in moderate amounts.

Why you care: healthy roots are the foundation for everything above ground.

7 SUPPORTS OVERALL GROWTH

Across many research studies, plants given appropriate amounts of vermicompost grew better on average.

Why you care: better conditions give plants a better chance to thrive.

GOOD TO KNOW

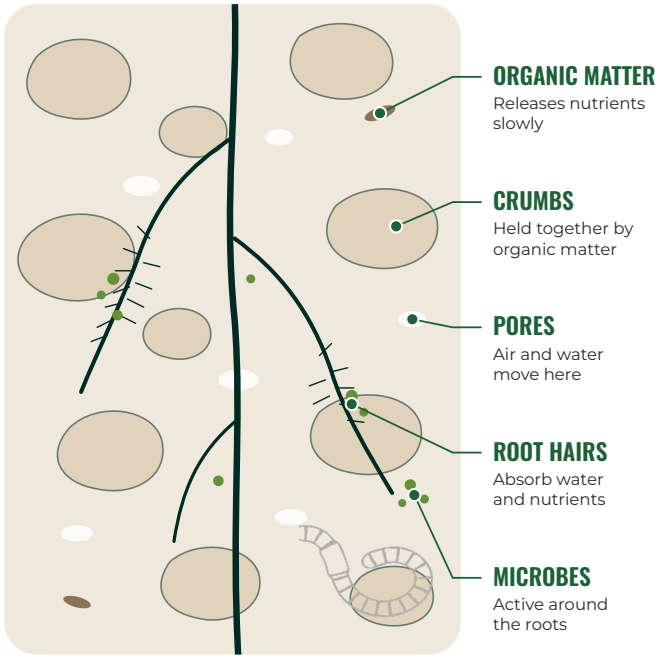
Results vary with the plant, the amount used, the growing medium and overall care. Vermicompost supports good gardening; it doesn't replace it.



11 WHAT VERMICOMPOST CAN DO FOR ROOTS

Roots need three things from soil: air, water and access to nutrients. In compacted or depleted soil, at least one is usually missing.

Organic matter from vermicompost helps soil form crumbs with pores between them, so water and air can move and roots can push through. It adds a slow supply of nutrients right where roots feed, and supports the microbes that live around them.



THE RIGHT AMOUNT MATTERS

Research shows roots benefit most from moderate amounts of vermicompost in the growing medium. Very high proportions can cancel the benefit.

12 FROM ROOTS TO LEAVES, FLOWERS & HARVEST

A plant with a healthy root system is better able to use water and nutrients, and that shows above ground. Here's what vermicompost can support, and what else each result depends on.

HEALTHY FOLIAGE

Supports steady, healthy leaf growth.

Also depends on light and watering.

FLOWERING

Supports the vigour plants need to flower.

Also depends on light, variety and season.

VEGETABLES & FRUIT

Supports growth of leafy and fruiting crops.

Hungry crops may need extra feeding; fruit also needs pollination.

OVERALL VIGOUR

Supports sturdier, more resilient plants.

Also depends on pot size and drainage.

More isn't better. In one study, pansies and primulas grew and flowered less when a quarter of their potting mix was vermicompost. Sensitive flowering plants do best with modest amounts.

13 HOW TO USE VERMICOMPOST CORRECTLY

There are two simple ways to use vermicompost: mix it in when planting, or top-dress plants that are already growing. Both follow the same four steps.

HOW TO USE



1. MEASURE

Check the amount for your pot or bed size on page 10. Use the lower end for young, indoor or delicate plants.



2. MIX

Mix evenly through fresh potting mix, or sprinkle a thin layer around an established plant and gently work it into the top layer of soil.



3. WATER

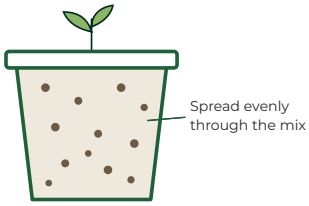
Water the plant normally so the vermicompost settles in, then let excess water drain away.



4. REPEAT

Reapply based on the plant's growth and the season, not a fixed calendar. See page 11.

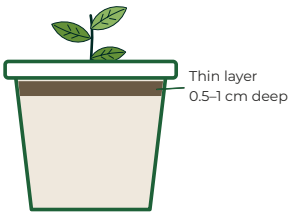
MIXING IN



WHEN PLANTING OR REPOTTING

Blend vermicompost into fresh potting mix before filling the pot. This puts organic matter throughout the root zone from day one.

TOP-DRESSING



FOR ESTABLISHED PLANTS

Sprinkle a thin, even layer over the soil surface, work it lightly into the top layer, then water it in.



The same four steps appear on every pack of JEEVANBHOOMI Soil Active Vermicompost.

Good habit: if the material is dusty, dampen it lightly before mixing. Open bags away from your face, and wash your hands after handling any soil product.

14 HOW MUCH VERMICOMPOST DOES A PLANT NEED?

QUICK ANSWER

When planting or repotting: mix in about 1 part vermicompost to 5–10 parts potting mix. **For established plants:** add a thin layer about 0.5–1 cm deep.



10–20% of the total mix: one or two parts in ten.

These amounts are based on published container research, where plants generally responded best when vermicompost made up a modest share of the growing mix, and some sensitive plants were harmed by larger shares.

1 cup = a standard 250 ml measuring cup. Sizes refer to the pot's top diameter.

CONTAINER	MIX IN WHEN PLANTING	TOP-DRESS AN ESTABLISHED PLANT
Small pot 6 in / 15 cm	¾–1½ cups	⅓–¾ cup
Medium pot 8 in / 20 cm	1½–3 cups	⅔–1¼ cups
Large pot 10 in / 25 cm	3–6 cups	1–2 cups
Planter 12 in / 30 cm	5½–11 cups	1½–3 cups
Grow bag 12 × 12 in	2–4 litres (8–15 cups)	1½–3 cups
Large grow bag 15 × 15 in	4–8 litres	2½–4½ cups
Raised or kitchen bed per 1 square metre	15–30 litres worked into the top 15 cm	5–10 litres

USE THE LOWER END, OR LESS, FOR

- Seedlings and young transplants
- Indoor plants
- Delicate flowering plants
- Mixes that already contain compost or manure

THE UPPER END SUITS

- Vigorous vegetables in large pots and grow bags
- Tired, well-used mix you are refreshing
- Beds being prepared for a new crop

General guidance, not a fixed rule. Your plant type, container, growing medium and the instructions on your pack should also guide you.

15 HOW OFTEN SHOULD VERMICOMPOST BE APPLIED?

There's no single schedule that suits every plant. The right timing depends on:

- The plant and how fast it grows
- The size of its container
- The season
- The growing medium
- How much you added last time

Instead of following a calendar, check your plants every 6–8 weeks while they are actively growing, and let this guide decide.

WHEN TO REAPPLY

Is the plant actively growing?
- NO → **Wait.** Resting or slow-growing plants need little extra.
- YES ↓

Added vermicompost in the last 6–8 weeks?
- YES → **Wait.** Give the last application time to work.
- NO ↓

Salt crust, soggy mix or fungus gnats?
- YES → **Fix that first.** Flush salts, improve drainage, let the surface dry.
- NO ↓

New growth pale or slow, even with good light and watering?
- NO → **All good.** Check again in a few weeks.
- YES ↓

Top-dress. Add a thin layer, work it in and water.

Always: mix in fresh vermicompost when repotting or starting a new crop.

16 USING VERMICOMPOST IN DIFFERENT GARDENS

INDOOR PLANTS
Use sparingly. Mix it under the top layer rather than leaving a thick layer on the surface, and let the surface dry between waterings to discourage fungus gnats.

BALCONY GARDENS
Wind and sun dry small pots quickly. Mixing vermicompost in at repotting adds organic matter that helps hold moisture.

TERRACE GARDENS
Full sun and heat stress containers and grow bags. Mix into the growing medium, top-dress during the season, and water in well.

KITCHEN GARDENS
For raised beds and larger areas, work vermicompost into the top 15 cm before each new crop.

VEGETABLES
Fast-growing crops use a lot of nutrients. Vermicompost builds the soil, but heavy feeders like tomatoes may need extra feeding too.

FLOWERING PLANTS
Keep amounts modest. Some flowering plants are sensitive to rich mixes, so stay at the lower end of the range.

17 HOW TO CHOOSE QUALITY VERMICOMPOST

You can't see nutrients or microbes. But in 30 seconds, your eyes, nose and hands can tell you a lot.

THE 30-SECOND VERMICOMPOST CHECKLIST

- ☐ **Smell:** earthy, like damp soil after rain. Not sour, rotten or like ammonia.
- ☐ **Texture:** crumbly and loose. Not sticky and wet, not dusty and dry.
- ☐ **Look:** fine and fairly even, with no recognisable food scraps, straw or leaves.
- ☐ **Contaminants:** no plastic, glass, stones or rubbish.
- ☐ **Temperature:** cool to the touch, not warm inside the bag.
- ☐ **Label:** net quantity, batch number, manufacturing and best-before dates, manufacturer details and licence or registration number.
- ☐ **Storage:** packs kept sealed, dry and out of direct sun where you buy them.

WHAT LOOKS CAN'T TELL YOU

Colour alone doesn't prove quality. Dark material can still be immature, and nutrient levels and microbial activity can only be measured in a laboratory. Compost-based materials can also carry salts that affect seedlings.



A well-labelled pack, like JEEVANBHOOMI's, tells you how to use and store the product and gives you a way to reach the people who made it.

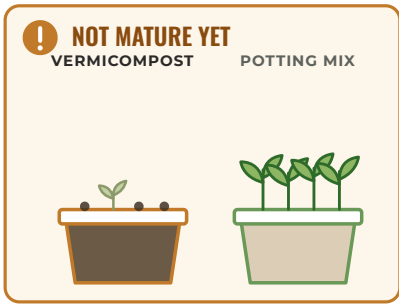
TRY THIS: THE RADISH TEST

Fill one small pot with the vermicompost you want to check, and a second pot with regular potting mix as a comparison. Sow **four radish seeds in each**, keep both moist, and compare them after 7–10 days.

Radish is used because it sprouts fast and reacts quickly to immature compost.



3–4 of 4 sprout, as strong as the comparison pot



Few, weak or no sprouts next to the comparison pot

Compare the two pots, not just the vermicompost pot on its own. If the comparison pot also sprouts poorly, something else is wrong, such as old seed or cold weather.

18 COMMON VERMICOMPOST MISTAKES, AND WHAT TO DO INSTEAD

✕ NOT THIS	✓ DO THIS
Adding extra for faster results	Stick to modest amounts. Too much can raise salts and stress roots.
Using material that smells sour or still shows food scraps	Use mature, earthy-smelling vermicompost.
Leaving pots standing in saucers of drained water	Empty saucers, so flushed-out salts aren't soaked back up.
Keeping indoor pots constantly wet	Let the surface dry between waterings to keep fungus gnats away.
Expecting vermicompost to fix poor light or watering	Check light, water and drainage first.
Treating it as a complete feed for hungry crops	Use it to build soil, and feed heavy feeders as they need.
Leaving an open bag in sun or rain	Seal it and store it cool, dry and shaded.

19 STORAGE: KEEPING VERMICOMPOST IN GOOD CONDITION

Vermicompost contains moisture and living organisms, so storage matters. Direct sunlight dries it out and reduces its quality, while rain or damp can leave it soggy.

Its properties naturally change during storage, so use it before the best-before date printed on the pack.

GOOD HABIT

Treat vermicompost like any soil or potting mix: open bags away from your face, dampen dry material to keep dust down, and wash your hands afterwards.

STORAGE GUIDE

- Store in a cool, dry and shaded place
- Keep the pack properly sealed after opening
- Protect from excess moisture and direct sunlight
- Keep away from children and pets
- Use clean, dry tools when handling
- Use before the best-before date on the pack



20 MYTHS VS. FACTS

Seven common beliefs about vermicompost, checked against the research.

MYTH

"More vermicompost means faster growth."

FACT

Benefits level off, and can disappear, at high amounts. Some sensitive plants are harmed.

What to do: stay within the range on page 10.

MYTH

"Vermicompost works instantly."

FACT

Some nutrients are available straight away, but improvements to soil structure and soil life build up over time.

What to do: judge results over weeks, not days.

MYTH

"All vermicompost is the same."

FACT

Quality and composition depend on the raw materials and how it was made.

What to do: use the 30-second checklist on page 12.

MYTH

"The darker it is, the better it is."

FACT

Colour can't tell you whether vermicompost is mature. Smell, texture and a germination test tell you more.

What to do: trust your nose and the radish test.

MYTH

"It's organic, so you can't overdo it."

FACT

Compost-based materials can carry salts that affect young plants, and excess nutrients can wash away.

What to do: measure, don't guess.

MYTH

"It replaces the rest of plant care."

FACT

Roots still need the right water, air and temperature to take up nutrients.

What to do: get light, water and drainage right first.

MYTH

"Vermicompost treats plant diseases."

FACT

It's a soil amendment, not a treatment. It supports growing conditions; it doesn't cure a sick plant.

What to do: identify the problem first, and get advice if unsure.



GOOD SOIL CARE IS SIMPLE, NOT MAGIC.

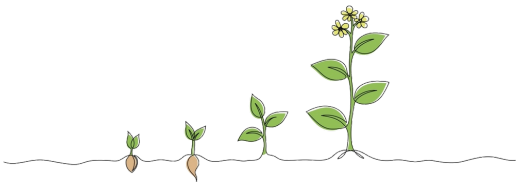
21 THE SOIL RESET: YOUR SIMPLE PLANT-CARE ROUTINE

Don't just feed your plants. Feed your soil.

1. **OBSERVE YOUR PLANT**
   Look at new growth, leaf colour and overall vigour.
2. **CHECK THE SOIL**
   Crumbly or hard? Any crust, shrinking or circling roots?
3. **CHECK MOISTURE AND DRAINAGE**
   Feel the soil with a finger. Does water drain freely? Is the saucer empty?
4. **REFRESH ORGANIC MATTER**
   Top up tired mix, or repot if the soil is badly compacted or crusted.
5. **APPLY VERMICOMPOST CORRECTLY**
   Measure for your pot size, then mix in or top-dress.
6. **WATER APPROPRIATELY**
   Water it in, then let the excess drain away.
7. **OBSERVE AND ADJUST**
   Watch over the next few weeks, and adjust amount and timing.

SAVE THIS CHECKLIST

- [ ] Light suits the plant
- [ ] Drainage hole clear
- [ ] Saucer emptied
- [ ] No salt crust
- [ ] Right amount for the pot size
- [ ] Watered in well
- [ ] Check again in 6–8 weeks





HEALTHY PLANTS BEGIN WITH HEALTHIER SOIL.

If you'd like a convenient way to add earthworm-processed organic matter to your pots, grow bags and beds, JEEVANBHOOMI Soil Active Vermicompost is one option made for home gardeners.

JEEVANBHOOMI

Nurturing Life, Naturally.

www.jeevanbhoomi.com

General guidance for home gardeners. Results depend on your plant, conditions and care. For a specific pest or disease problem, ask a local horticulture expert or nursery.