

MYTH

EPSOM SALT IS ONE OF THE MOST PERFECT NUTRIENTS FOR GARDENS AND PLANTS

THE FACTS

Epsom salt, also known as magnesium sulfate, is a naturally occurring compound that contains magnesium, sulfur and oxygen.

There are MANY online recipes for using Epsom salt:

- as a **FERTILIZER**
- to treat **PHYSIOLOGICAL PROBLEMS**, such as blossom end rot
- to **PREVENT TRANSPLANT SHOCK**
- to **DETER PESTS**

NONE OF THESE RECIPES ARE BASED ON SCIENCE.

There are no scientific articles relevant to Epsom salt use in home gardens and landscapes and its use could create soil nutrient imbalances and cause injury to plants.

A SOIL TEST IS ABSOLUTELY REQUIRED BEFORE USING THIS CHEMICAL.

REFERENCE – WASHINGTON STATE UNIVERSITY EXT.

<https://s3.wp.wsu.edu/uploads/sites/403/2015/03/epsom-salts.pdf>

<https://research.wsulibs.wsu.edu/xmlui/handle/2376/13108>