

# MYTH

## BANANA PEELS MAKE GREAT PLANT FERTILIZER



### THE FACTS

#### Buried Banana Peels or Banana Peel Tea

Banana peels are essentially just another form of plant-based organic matter – there's nothing unique about them:

- Banana peels need nitrogen to break down, which means they **REMOVE** nitrogen that plants need for greening.
- Banana peels do contain minerals, especially potassium, **BUT** potassium isn't seriously lacking in garden soils.

**The best thing to do with banana peels is add them to the regular compost!**

REFERENCE – ROBERT PAVLIS

<https://www.gardenmyths.com/banana-peels-garden/>