10 Incredible Use For Epsom Salts In Your Garden

Not only are epsom salts incredibly useful in the garden, they are also amazing for your health. Many of us are deficient in magnesium (main ingredient in epsom salts) and a generous amount of epsom salts in the bath can help greatly with this as magnesium can be absorbed through the skin. Some common signs of magnesium deficiency are muscle cramps, restless leg syndrome and insomnia. If you suffer from any of these, it might be worth giving epsom salts a go, or perhaps trying a magnesium supplement. Google magnesium deficiency for more information on this.

Anyway I have completely gone off track here as this is supposed to be about using epsom salts in the garden, not in the bath! Epsom salts are genuinely one of the most useful natural products you can use in the garden - amazing for tomatoes, cucumbers and peppers. The link below details 10 of the most common uses and benefits.

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(Image from: Natural Living Ideas)