»How to plant tomatoes and prevent blossom end rot«

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Blossom end rot is a common disease in tomatoes and this can be prevented by carrying out good management practices.
When planting a tomato seedling, dig a hole that is deep enough, clip off the bottom leaves of the tomato seedling when planting so that you do not burry them when planting the tomato deep enough. Burying the leaves increases the tomatoes susceptibility to pests and diseases. After planting, the hairs on the tomato stem develop into roots when they get contact to the soil hence when planted deep enough, the stem develops a dense root system and this enables the tomato to absorb a lot of nutrients.

Management practices

Put some compost into the hole to act as a source of nutrients from the start.
Put some crushed egg shells in the hole to provide calcium so that it prevents blossom end rot.
Remove the seedling from its pot and put it in the hole as deep as possible.
Fill back the hole and ensure that the leaves are not touching the soil to reduce its susceptibility to disease.
After filling back the holes, put some compost around the hole and cover the soil with wood chips to act as mulch.
Put a stick beside the planted tomato seedling to act as a stake.