



BOKASHI

HOW TO RECYCLE ALL OF YOUR FOOD WASTE

WHAT IS BOKASHI?

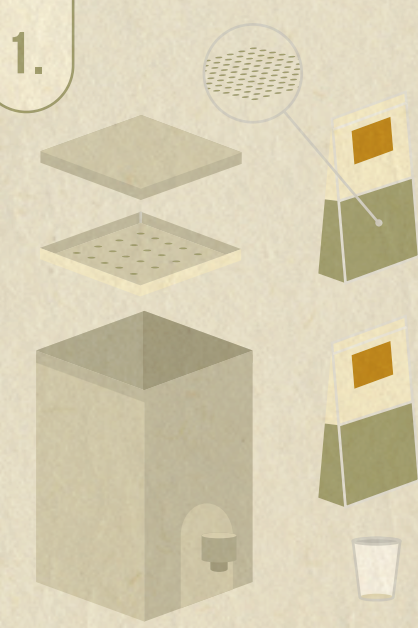
Bokashi is a composting process that uses microorganisms known as 'Bokashi bran' to ferment organic food waste and create a super-fertile compost that will enrich your soil.

IS BOKASHI THE RIGHT OPTION?

FERMENTING (BOKASHI)	COMPOSTING
Time: 2 weeks - fermenting 2-5 weeks - under soil	Time : 30 days - 2 years
No food restrictions	Restrictions on meat, dairy, bones, and citrus
Very little to no greenhouse gases / Carbon Negative	Produces greenhouse gases / Carbon Neutral
Easy steps / Microbes do the work	More labor intensive
The end product is incredible food for plants.	Fertile end product, but not as rich in nutrients & microorganisms.
This process can be expensive.	This process can be virtually free.

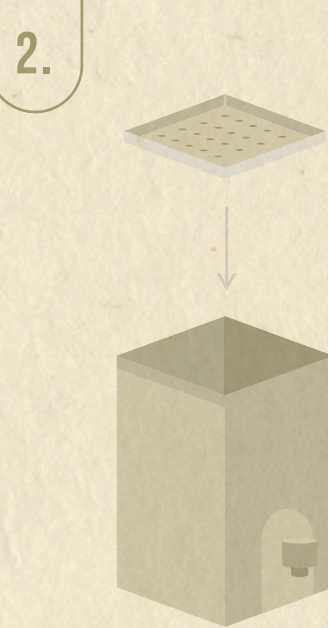
HOW TO USE BOKASHI

ORDER OR MAKE SUPPLIES



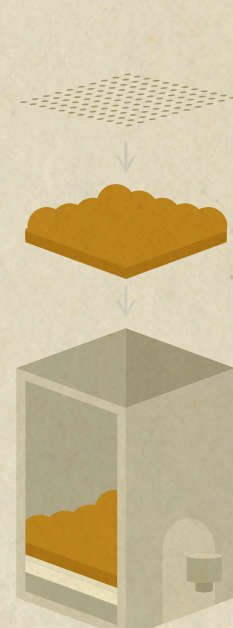
1. You can purchase or create your own bran and bin. We are going to show you how to use a pre-made kit, which should come with an airtight container, drain, cup, filtering tray and 2 lbs of bokashi bran.

INSERT TRAY INTO CONTAINER



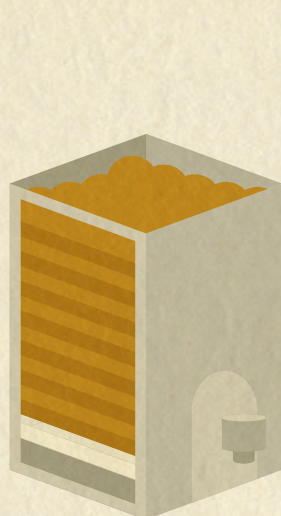
2. Insert the filter tray into the bottom of your bin. This will separate any liquids from your waste into a "tea" that is rich with nutrients.

START ADDING SCRAPS & BOKASHI



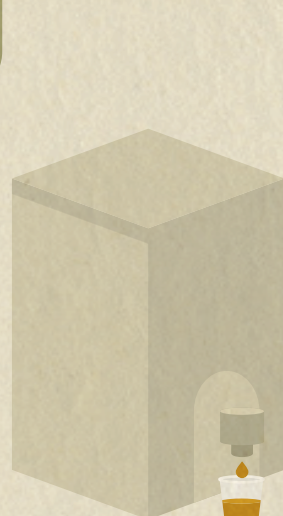
3. Create about a 3 inch layer of food waste. Flatten down the scraps and sprinkle a small handful of bran across the top of the surface and then cover the bin.

KEEP ADDING FOOD WASTE



4. Repeat the last step over time whenever you have enough food scraps to create a new layer. Keep filling until your bin is full.

LET BIN SIT & DRAIN



5. Let the bin sit and ferment covered for two weeks. Drain the tea regularly so that your bin does not get too moist.

USE YOUR 'TEA'



6. Diluted with water, you can use the tea on your houseplants as a fertilizer, or you can just dump it down the drain. It's great for clearing drains and septic tanks.

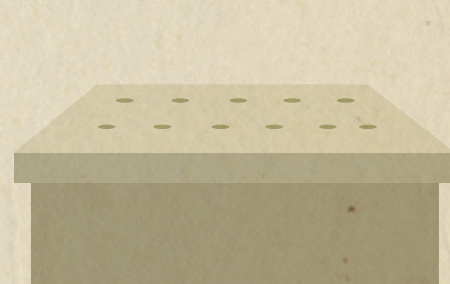
NOW BURY THE WASTE OR FEED SOME WORMS



7. After the two week fermentation period is up, you can bury the waste in your yard or outdoor compost pile to improve soil quality.



Or you can bury it in a large pot or planter under a few inches of soil. You can even plant seeds into the top layer right away.



Or even better, you can feed it to your worms if you have a vermicomposting bin going.

After 2-4 weeks under soil or in a vermicomposting bin, the fermented waste should be completely broken down into nutrient-rich soil that is ready to be used! You can use it in your garden, donate it to a local community garden, or use it as potting soil to create a kitchen herb garden.

MORE TIPS!

- White mold is good and green mold is bad! Just add more bran to the green mold area.
- When opened after two weeks of fermentation, your bin should smell almost sweet, like vinegar.
- Use more bran on items that are harder to break down like bones and meat, and on really moist or wet materials.
- Bokashi is 100% natural - safe for your family and pets. The bran resembles wheat bran and has a sweet smell.
- 2 lbs of bokashi bran will last about 3 months.
- If you build or buy your own container, make sure it is airtight.
- Be sure to use the tea. It's full of great nutrients!
- If you don't have a garden, dedicate a pot with soil for your bokashi. Then add the nutrient-rich soil to houseplants or a kitchen herb garden!
- If you do have a garden, think about combining a bokashi compost bin with a worm (vermicompost) bin. They work great together.

FOOD FOR THOUGHT.
FUEL FOR CHANGE.



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