



AGGRESSIVE COMPOSTING WITH

BOKASHI*

By Jeremiah Hinton

HOW TO TURN ANY KITCHEN SCRAPS INTO BLACK GOLD IN ONE MONTH

*Makes 25 lbs. of material

WHAT YOU'LL NEED

- 25 lbs of organic matter (sawdust; leaves; dried grass; straw; grain; or wheat, rice or oat bran)
- 3-4 gallons non-chlorinated water
- $\frac{3}{4}$ cup molasses
- $\frac{3}{4}$ cup whey (from yogurt, cheesemaking or kefir) or lactic acid bacteria
- $\frac{3}{4}$ cup Luscious Leaves (available at maxwellfarmshawaii.com)
- Up to 6 lbs wood ash, ground charcoal or sea kelp
- A tarp
- 2 clean 5 gallon buckets with lids – must be airtight!



1. Pour 3-4 gal clean water in your bucket.
2. Add molasses, whey or lactic bacteria and [Luscious Leaves*](#) to water.
3. Stir that until it is mixed and you don't have any molasses stuck on the bottom.
4. Lay out your tarp. Place your organic matter with wood ash, sea kelp and/or ground charcoal on the tarp. Mix dry to distribute contents evenly.
5. Mix your inoculated water into medium on tarp. Do this slowly to get a good mix. You should have no dry particles, nor should it be sopping wet. You should be able to squeeze a handful and have it hold together without liquid coming out. When you have reached this point you are ready to put into your buckets and start composting. (See next page)

That is our way of making bokashi and it is a great starting point and it was made to be suited to your surroundings so please experiment and play with the recipe till it works for you.



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HOW TO APPLY



1. Once your Bokashi is mixed (above), spread one cup in the bottom of a 5 gallon bucket -- preferably with a spigot on it. (See link below)
 2. Add 2" of any organic matter you wish to compost: fruits, peels, vegetables, bones, meat, oil, fat etc. Cover bucket with airtight lid.
 3. Keep adding scraps. Spread another cup of Bokashi for every 2-3" of organic matter, pushing down contents each time to remove air.
 4. When bucket is completely filled, sprinkle with one last cup of Bokashi, seal with lid and let ferment for 2 weeks.
 5. At the end of 2 weeks, strain off liquid using your spigot into a bottle to keep for feeding plants[†] (they LOVE it) and deterring insects (they HATE it). If your bucket doesn't have a spigot, skip this step.
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 6. Let bokashi ferment for one more week, and then bury the compost in garden, covering with a 12" layer of soil.
 7. Let soil sit for 2 more weeks until Bokashi is completely broken down and that's it! You can now start planting in your garden!
- [†]Water established plants by pouring one tablespoon of strained bokashi liquid into one gallon of water once every 7-10 days. This will feed a 100 sq. ft. area. Watch your plants thrive or even come back from the dead!

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