

Recycle Food Waste
right in your home

Need: airtight containers & bokashi (see reverse)

Step 1. 'Pickle' your food waste

Ferment in airtight container at room temp.
Sprinkle 1 lb bokashi to 33 lbs (5 gallons) food waste.

2 weeks to ferment, after container is full*

* Average 1 to 2-person household takes 1 month to fill a 5-gallon container.

Step 2. 2 weeks in soil

in pots/planters, 1/3rd mixed+covered in soil.
Or, bury/trench in your garden/yard.
Or, feed to earthworms.

Step 3. Plant seeds or seedlings.

Can treat all food waste, including meats, bones, dairy,
oils, sauces, dressing, leftover dribbles of wine, beer.

The bokashi is made with **EM** (Effective Microorganisms)
a combination of the same microbes used in fermenting
foods and beverages (sauerkraut, yogurt, cheese, wine)

aka the **bokashi method** (see reverse)

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A Japanese term, “**bokashi**” means fermented organic matter.

Bokashi is made with water, blackstrap molasses, EM-1, and with one or more organic matter depending on use.

<u>Purpose</u>	<u>Uses</u>	<u>Types</u>
bokashi farming, bokashi gardening	soil amendment	anaerobic or aerobic bokashi: made with nutrient-rich organic matter (e.g., rice bran + fish meal[oil extracted fish pulp] + oil cake[seed pulp])
bokashi bioremediation	soil or water cleaning Note. the bokashi used in making mudballs is the anaerobically made bokashi with wheat bran or rice bran.	anaerobically made bokashi using wheat bran or rice bran; applied to soil. - or - mudballs: made with dirt, bokashi, blackstrap molasses, and EM; thrown in polluted waters (1-2 baseball size mudballs per square meter).
bokashi farming	animal feed mix	anaerobically made bokashi using rice bran or wheat bran; bokashi mixed in at 3%-5% of the animal's feed.
bokashi composting	fermentation starter to ferment food waste, which is then used as soil amendment or worm feed	anaerobically made bokashi using organic matter that can act as a microbial housing: wheat bran, coffee chaff, cocoa husk, etc.

Make your own bokashi, visit recyclefoodwaste.org

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