

# Welcome!

September 12th, 2008

[The website <http://bokashicomposting.com/> was] dedicated to the use and promotion of **Bokashi** composting using **FREE** naturally occurring beneficial indigenous micro-organisms (BIM)! **Bokashi** composting need not be expensive! **No need for expensive commercial starters, expensive cultures, expensive bran or fancy buckets!**

**Make your own FREE bokashi starter.**

Well, nearly free.....

## Getting started (Part One) Collecting wild lactobacillus.

September 30th, 2008

Making your own bokashi starter culture in place of commercially available EM is incredibly easy.

My goal from the start was to produce bokashi compost without the use of expensive EM, bran or fancy buckets.

The most important component of the commercial EM in relation to bokashi is lactobacillus bacteria, the others are secondary (if at all necessary) and can be cultured in the bucket when conditions are favorable.

I culture my own lactobacillus serum starting with a rice wash water solution.

Making the serum is amazingly simple.

I mix one part rice thoroughly with two parts water (1/2 a cup to one cup). Mix thoroughly and vigorously. Drain. The resulting water should be cloudy.

Place the rice water in a container with 50-75% head space allowing plenty of air to circulate. Cover lightly (air should be able to move in and out of the container) and place in a cool dark spot for 5-8 days.

At the end of the wait the mixture should smell mildly sour. Strain out any particles.



## Getting started (Part Two) Purifying the lactobacillus.

September 30th, 2008

Put the finished rice water solution in a bigger container and add 10 parts milk (I use skim). **DO NOT seal tightly, the gases must be able to escape.**

Allow 14 days for a complete ferment, most of the solids in the milk will float to the top revealing the yellowish serum.

Strain off the solids.

You now have purified lactobacillus serum.



## Getting started (Part Three) Newspaper bokashi.

September 30th, 2008

Instead of using expensive bran I ferment newspaper to use between the layers of compost in the bucket.

I take one part lactobacillus serum to one part molasses to six parts water.  
(label and freeze any extra serum)

I soak a bunch of newspapers thoroughly in the mixture and drain well.



I place the soaked newspapers in a 2 gallon zip lock baggie, remove all the air and seal.



Place in a cool dark spot and wait 10 days to 2 weeks to get a good fermentation.

After the fermentation process I separate and dry the newspaper. It's now the carrier for the bacteria.

<<<Coming Soon: Setting up an inexpensive newspaper bokashi bucket.>>>>

## [Yogurt whey as a starter culture.](#)

September 30th, 2008

If you don't want to take the time to collect your own free indigenous lactobacillus starter culture (Parts One and Two), you can use live active yogurt whey, the yellowish liquid drained when making yogurt cheese.

Simply replace the one part of lacto serum in step three with the yogurt whey.

## [Starting a newspaper bokashi bucket.](#)

October 1st, 2008

After the bokashi newspaper has thoroughly dried, it's now the carrier for the digestive lacto bacteria.

I bought inexpensive snap-top buckets from Wal-Mart for about \$5.00 each, the lids snap on and off easily, especially with the addition of a little olive oil rubbed around the rim.

I don't bother with a drain....I place 1 to 2 inches of dry absorbent material in the bottom of the bucket (peat, shredded newspaper, or clean sawdust) and pack well.

To start the bucket I place a piece of the bokashi newspaper on top of the absorbent material, just enough to cover....then I start adding waste (chopped up)...up to a 1/2 inch layer at a time...add a piece of newspaper between each and every layer until the bucket is full....packing each layer well helps ensure a good fermentation. (I use a potato masher.)

That's about all there is to it.

Oh, I've been experimenting with adding a tablespoon of healthy garden soil to the bucket after it's started well (4-5 days) to culture more of the naturally occurring anaerobic digestive microorganisms, but I'm convinced it's not necessary. The bokashi compost with just the lacto decomposed quickly in the garden and in my worm bins.

## [Newspaper bokashi secrets.](#)

October 17th, 2008

Well, not really secrets, mostly common sense.

**I've never had a failed newspaper bokashi bucket when following these simple rules.**

1. Start the bucket with a 1 to 2 inch layer of absorbent materials. (shredded newspaper, peat, sawdust or something similar.) This layer will soak up any excess nutrient drainage. (There's nothing wrong with faucet buckets, other than the expense. I just prefer to keep things as cheap and easy as possible.)
2. Start your newspaper bokashi bucket with a layer of high carbohydrate waste. This jump starts the fermentation process ensuring success.
3. Place a piece of newspaper between each layer of waste. Make the layers no more than 1/2 an inch thick. This ensures that the beneficial bacteria will spread throughout the waste quickly.
4. Chop the waste into small pieces, if possible. This gives the bacteria a larger surface area to feed upon. It also leads to faster final decomposition or digestion when your bokashi is buried, added to worm bins or added to an aerobic compost pile.
5. Compress the layers of waste tightly. This helps exclude air and helps transfer beneficial bacteria throughout the waste rapidly. (I place a piece of bokashi newspaper on top of the waste and press with a potato masher,

there's no mess as with bran bokashi. )

6. Never add spoiled waste to a bokashi bucket. Rotten and moldy waste will introduce rogue organisms that can cause a bucket to fail.

7. Always close the lid lightly to exclude air.

8. Do not add excess amounts of fluids to your bokashi bucket.

9. Collect waste throughout the day and add to the bucket at the end of the day. This minimizes exposure to outside air.

10. Add waste at least once a day. It's usually not a problem to skip a day or two occasionally, once the bucket is well established.

**Good luck with your newspaper bokashi!!!!**

## **Newspaper bokashi, instead of expensive bran**

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I soak a bunch of newspapers thoroughly in the mixture and drain well.

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