



SHARING INSIGHTS PODCAST

JUSTIN DOLAN'S

Bokashi Recipe for Composting

Justin Dolan is the founder of the Permaculture Country Club in Costa Rica. He has an insurmountable wealth of knowledge on edible, medicinal and supporting plants. This recipe is to produce Bokashi a soil rich in fungal and microbial activity, perfect for building healthy soil.





WHAT IS BOKASHI?

Bokashi is a style of composting organic matter by fermentation rather than decomposition. It is thought to have spread from ancient Korea, where the Korean method of natural farming utilised in-situ bokashi composting and indigenous micro-organisms to return waste organic matter to the soil.

Unlike decomposition methods of composting, Bokashi retains all carbon, energy and nutrients making its a highly valuable end product which can be directly added to soil without further maturation.






JUSTIN'S BOKASHI RECIPE

You will need:

- Molasses
 - Food Scraps, Manure or Other "Green" Organic Material
 - Rice Husks, Dried Grasses or Other "Brown" Organic Material
 - Non-chlorinated water
 - Manure
 - Rock Dust
 - Biochar
 - Highly active microbial soil
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Combine the microbial starter (soil), water and molasses and stir until molasses dissolves. Leave this to begin fermenting. Next begin creating layers of "green" and "brown" organic matter, like a lasagne. Include layers of rock dust and biochar as well. Pour the microbial solution over the layers and then mix thoroughly and create a pile, which you should cover to protect from the rain. Turn the pile daily. Once all of the organic matter is broken down, the process is complete and you can apply directly to your land.





QUICK FIXES

Making Bokashi compost is an art and requires experimentation, even with a recipe. Depending on your environment, your local materials and whether you have animals, all of these variables need to be considered. Here are some quick fixes and cheats to boost your Bokashi!

1.

If the Bokashi seems to be cooling off before the composting is complete add more molasses or other sugar in a water solution. This will boost the microbial activity and enable the process to be completed.

2.

Making sure the internal heat of the Bokashi pile does not exceed 150 degrees fahrenheit will ensure the mycelium and good microorganisms remain in the system, while killing the harmful ones. Having a thermometer can be helpful as you learn this process.

3.

Urine from humans or animals is a great additional source of nitrogen and can greatly improve the speed of the composting process when added to the system.

Learn more at www.sharinginsights.net

