

# Bokashi

## All food waste



Chopped fruit and veggie scraps



Egg shells



Fish scraps, small bones and shellfish



Breads and baking products



All leftovers



Coffee grounds, tea leaves, and teabags



Pasta and rice



Dairy products



Cooked and raw meat scraps



Indoor cut flowers

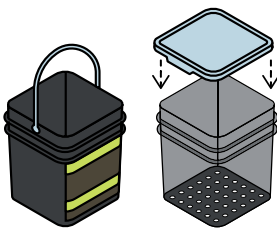


Avocado



Nuts and cereals

### Getting started



Bokashi ferments or "pickles" your food waste with the help of a powdered culture. This fermentation decomposes food waste quickly, preventing slow decay and bad odour.

Bokashi is an oxygen free or anaerobic system. It uses two buckets that sit inside each other.

The top bucket holds your food waste and is sealed with an air tight lid, while the bottom bucket collects liquid draining from the top bucket.

Storage should be in a warm place out of direct sunlight, either inside or outside.

### What to add

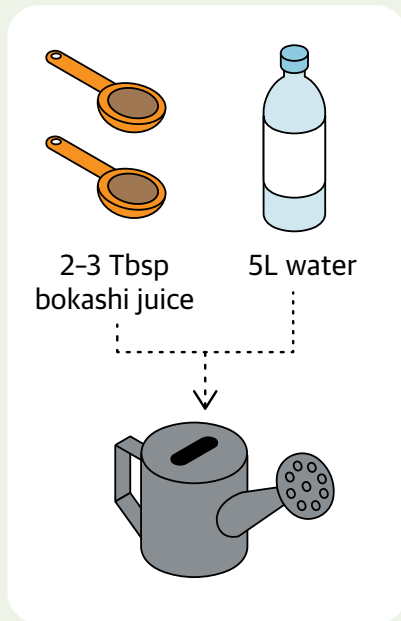
Bokashi is designed to collect all your food waste, which includes foods you may not normally compost or feed to worms, such as cooked and processed foods (e.g. bread and pasta) and high protein foods (e.g. cheese, eggs, meat, fish and small bones).

Bokashi also takes fresh fruit and vegetables, coffee grinds and tea bags.

## What to do with the liquid?

To use as a liquid fertiliser add 2-3 tablespoons of Bokashi liquid to every 5 litres of water. Pour this onto the soil or the base of plants to help keep them healthy.

Alternatively, pour undiluted juice directly down your toilet, shower or sink drains to help keep them clean.



## What not to add

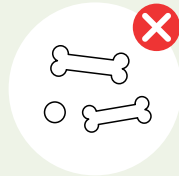
Do not include the following:



Paper, cardboard or garden waste



Liquids such as milk, juices or oils



Large meat bones



Compostable packaging



Dog and cat faeces



Mouldy food

## What to do with the solid?

When your bucket is full, leave it sealed for two weeks to finish the fermentation. Continue to drain the liquid.

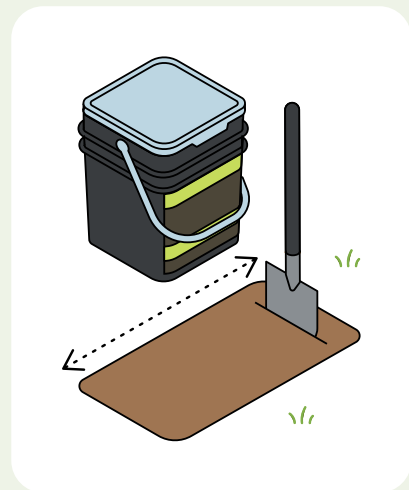
After two weeks your Bokashi is ready to process.

Dig a trench in your garden as deep as the Bokashi bucket and twice as long.

Put the fermented food into the trench and cover with at least 5-8cm of soil. After 3-4 weeks, your fermented food waste turns into compost and you can plant directly on top of it.

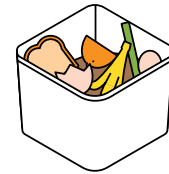
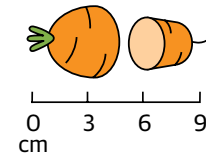
Alternatively, you can add the solids to your compost bin. Use your Bokashi as a "Green" layer.

Simply spread it out and cover it with lots of "Brown" material. This will help the rest of your compost break down faster. A sprinkle of garden lime helps to balance the acidity.

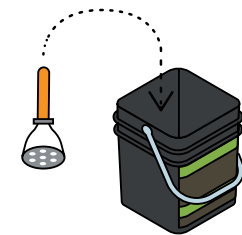


## How to Bokashi

Chop your food scraps into pieces no bigger than a golf ball and store them in a bench top container.



1. Add food waste once or twice daily to the Bokashi bucket.
2. Ensure you firmly squash down the food waste to push out any excess air.



Potato masher works well

3. Sprinkle 1-2 tablespoons of Bokashi culture on top for every 6cms of waste.
4. Close the bucket lid tightly after use.

Drain the liquid every 2 to 3 days from the bottom bucket.

The food waste should smell like pickles and will develop a white mould on top. This means the system is working!