



## HOW TO RECYCLE YOUR KITCHEN WASTE WITH HAPPY FARMER™ BOKASHI COMPOST STARTER

*From Waste to Wonderful...From Scraps to Splendor*

Happy Farmer™ Bokashi Fermentation Kitchen Composter is a unique in-house product used to recycle your kitchen waste into an organic soil conditioner. It consists of wheat bran inoculated with Efficient Microbes (EM)® that helps balance the microbial ecology of the soil and supply nutrients to your garden. Kitchen garbage makes up almost 50% of household wastes. Help reduce landfill input by recycling your kitchen waste!

### MATERIALS

- 1) Happy Farmer™ Kitchen Composter: This 5 gallon bucket with tight fitting lid provides a hermetically sealed environment, creating anaerobic conditions.
- 2) Happy Farmer™ Bokashi Compost Starter
- 3) Your kitchen food waste: The amount of organic waste will vary from day to day depending on how often you cook and your eating habits. Use only organic materials such as:
  - α Vegetables, fruits, grains...milk and cheese are okay but extra bokashi may be needed.
  - α Cooked or Uncooked Meat: Beef, Poultry, Pork & Fish.
  - α Bones chopped into small pieces.
  - α Coffee grounds with or without paper filter.
  - X Do not include plastics, cigarette butts, tin cans, or aluminum.

### METHOD & APPLICATION

- First, put plastic grate into the bucket to divide solid waste from liquid compost tea. Place an initial layer of Happy Farmer™ Bokashi Compost Starter at the bottom of the plastic grate before any organic material or food waste is added.
- Collect your daily food waste and chop it into small pieces. If placing meat, bones or dairy in the bucket, increase the quantity of Bokashi applied.
- Place waste in the bucket and coat it with a layer of Happy Farmer Bokashi. For less than a three inch layer of food waste, sprinkle one fistful of Bokashi to cover the entire surface. Mix this layer thoroughly and compact the waste by pressing it down. Sprinkle a coat of Bokashi to cover the surface. **NOTE:** Stir each new layer only and try not to mix it with previous layers of food waste. A plate, or other ceramic or plastic item can be used as a barrier to compress the food scraps and can be left in the composter to minimize its contact with air. Each time you add scraps, remove the barrier, add new compost, mix in Bokashi, cover with a final layer of Bokashi, compress, and cover with a barrier. Repeating this process daily or as needed. If mixing with topsoil after fermentation, only use pure topsoil free of additional fertilizers.
- After mixing is completed, make sure to close the lid tightly in order to further reduce the oxygen and create the conditions for the anaerobic fermentation process to take place. Not doing so could result in decomposition rather than fermentation of the organic materials. A sweet & sour smell indicates good fermentation and a foul odor indicates decay. If decay should occur, add a significant amount of bokashi to try and reverse the process or discard contents of bucket.

- Every 48 hours, drain the liquid that has accumulated in the bottom of the bucket. This compost tea liquid is alive with Efficient Microbes (EM)<sup>®</sup> and makes a terrific fertilizer. Apply liquid to the soil at a dilution rate of 1:1000 (3/4 tsp per gallon) parts water or put directly into drains or septic tanks to prevent slime build-up and malodors. Liquid cannot be stored and must be used within a few days. If liquid has turned putrefactive and smells foul, simply discard in drain.
- Once the bucket is filled to capacity, continue to drain any liquid which forms and let the contents ferment for a period of 10-14 days at room temperature. Appearances of a white growth on the surface of the waste, as well as the presence of a sweet and sour pickle-like smell are good indicators that fermentation is in progress.
- After the fermentation period is completed, the content is ready to be planted. Bokashi uses a unique anaerobic fermentation method of composting. Happy Farmer<sup>™</sup> Compost will look different than compost that has decayed; Happy Farmer<sup>™</sup> Compost will not completely degrade but will retain much of its original physical properties and will have a pickled appearance. Complete break down of material will occur once it's transferred into the soil and has been in the soil 1-2 months. White mold is a sign of beneficial bacteria.

***TRANSFERRING THE COMPOST:*** You have two options:

**A) Transfer material directly into your garden for further fermentation:**

Dig a trench 18" to 24" deep to bury the compost. Mix the fermented organic material with soil as you add it to the trench. Be sure to cover the compost completely with soil to assure further fermentation and to prevent your pets or unwanted critters from feasting on the fermented food wastes! Bokashi is not toxic to pets! Fresh compost can be stressful to plants so it is best to wait two weeks before planting your favorite veggies, fruit trees etc.

**B) Transfer material directly into a planter box/container for further fermentation:**

Fill 1/3 of container with potting soil. Then add kitchen waste and lightly mix together with soil. Finally, fill the remaining 1/3 of the container with potting soil and cover with a plastic bag to maintain anaerobic conditions. Wait two weeks before planting your favorite veggies etc., or transfer soil into smaller pots for planting.

<b>HELPFUL TIPS!</b>
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- 1) You can never add too much Happy Farmer<sup>™</sup> Bokashi Compost Starter; better too much than too little to insure complete fermentation and good smelling compost.
- 2) Only add fresh garbage to your compost bucket. Never add rotten or moldy wastes.
- 3) Break or chop large waste into smaller pieces.
- 4) Remember: The less air that comes in contact with the compost the better so compact the waste by pressing it down to remove air. You may also want to use a barrier to separate the compost from the remaining air in the bucket. A plastic garbage bag, old lid or bag filled with beans will work. Whatever you use it should completely cover the surface of the compost.
- 5) Always close the lid tightly and drain the liquid that accumulates at the bottom frequently.
- 6) When adding the fermented waste to the soil, always mix with dirt and wait two weeks. This helps produce good compost, and is less stressful on plant roots.
- 7) Do not add water, excessive amounts of fluids or place the bucket in the sun.
- 8) Wash the bucket with water after each use.
- 9) This composter has been designed to be used with Happy Farmer<sup>™</sup> Bokashi Compost Starter. Use with other products may result in putrefaction rather than fermentation of food waste.
- 10) This is a new approach to composting. Don't be afraid to experiment with it until you get a feel for how this process can work for you.
- 11) Look into community composting & garden projects in your area.