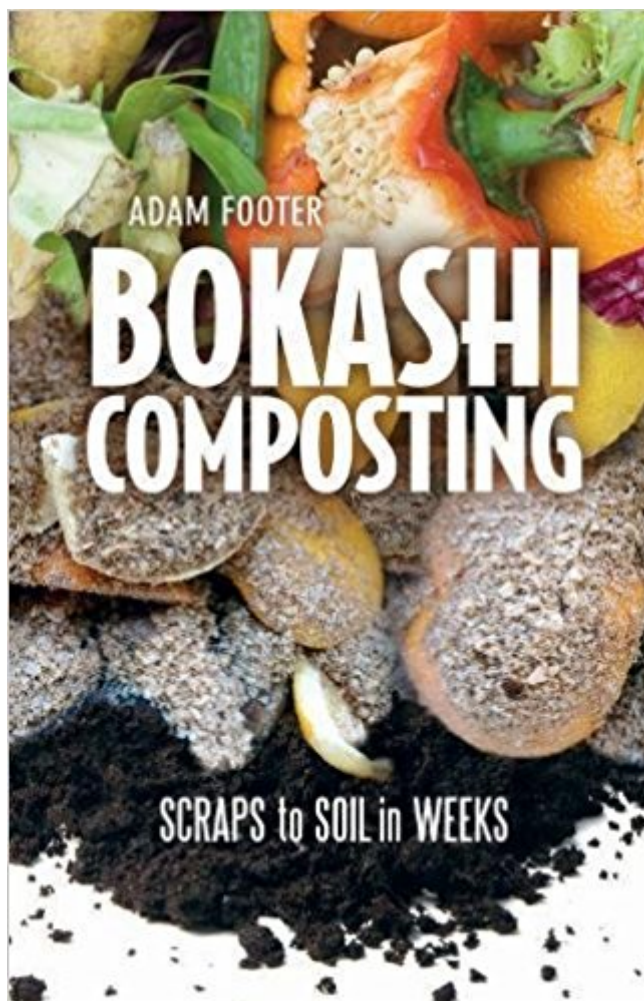


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Bokashi Composting: Scraps To Soil In Weeks



Synopsis

Bokashi is Japanese for "fermented organic matter." Bokashi composting is a safe, quick, and convenient way to compost in your kitchen, garage, or apartment, using a specific group of microorganisms to anaerobically ferment all food waste (including meat and dairy). Since the process takes place in a closed system, insects and smell are controlled, making it ideal for urban or business settings. The process is very fast, with compost usually ready to be integrated into your soil or garden in around two weeks. While bokashi has enjoyed great popularity in many parts of the world, it is still relatively unknown in North America. From scraps to soil, Bokashi Composting is the complete, step-by-step, do-it-yourself guide to this amazing process, with comprehensive information covering: Background; the history, development, and scientific basis of the technique; Getting started; composting with commercially available products or homemade systems; Making your own; system plans and bokashi bran recipes using common materials and locally sourced ingredients; Growing; improving your soil with fermented compost and bokashi "juice" This essential guide is a must-read for gardeners, homeowners, apartment dwellers, traditional composters, and anyone who wants a safe, simple, and convenient way to keep kitchen waste out of the landfill. Adam Footer is a permaculture designer with a focus on soil building, food forestry, cover crops, water conservation and harvesting, and natural farming. He is a tireless promoter of bokashi to maximize the recycling of food waste and runs the website bokashicomposting.com.

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Customer Reviews

I have to thank you for writing this book Adam - FINALLY we have a well-researched, comprehensive guide to bokashi composting. I've already changed a few of my techniques based on your advice and my bokashi is decomposing faster as a result. Your information is thorough and your writing style is clear and refreshingly humble. You've really created THE step-by-step guide for making bokashi, and people lucky enough to pick up this book will have created a beautiful microbial inoculant for their gardens and houseplants in no time. -- Phil Nauta, author of Building Soils Naturally

As we reach our teens in the 21st Century, it's clear that we must explore more and newer ways of reducing our waste output. We have already achieved great reductions in what enters urban landfill sites, and more efficient recycling. But what can we do in our own homes – in our urban condos and apartment buildings? In this upbeat, informative book, Adam Footer reveals the Bokashi composting option, and shows us how to further reduce our food waste, turning it back into the Earth and enriching the soil as we do. His explanation of bacterial culturing is clear and simply stated. Whether you purchase a home Bokashi kit or build your own, following Footer's foolproof instructions, this is the manual for you. -- Mark Macdonald, West Coast Seeds

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The safe, clean and convenient way to compost ALL your food scraps

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author of *Building Soils Naturally* Bokashi composting is a safe, quick, and convenient way to compost in your kitchen, garage, or apartment, using microorganisms to anaerobically ferment all food waste (including meat and dairy). Since the process takes place in a closed system, insects and smell are controlled, making it ideal for urban or business settings. Unlike conventional composting, the bokashi method is quicker and easier, with compost usually ready to be integrated into your soil or garden in around two weeks. From scraps to soil, *Bokashi Composting* is the complete, step-by-step, do-it-yourself guide to this amazing process, with comprehensive information covering:

- Background – the history, development and scientific basis of the technique
- Getting started -- composting with commercially available products or homemade systems
- Making your own – system plans and bokashi bran recipes using common materials and locally sourced ingredients
- Growing – improving your soil with fermented compost and bokashi juice.

This essential guide is a must-read for gardeners, homeowners, apartment dwellers, traditional composters, and anyone who wants a safe, simple, and convenient way to keep kitchen waste out of the landfill. In this upbeat, informative book, Adam Footer reveals the Bokashi composting option, and shows us how to further reduce our food waste, turning it back into the Earth and enriching the soil as we do. His explanation of bacterial culturing is clear and simply stated. Whether you purchase a home Bokashi kit or build your own, following Footer's foolproof instructions, this is the manual for you. --- Mark Macdonald, *West Coast Seeds*

Adam Footer is a permaculture designer with a focus on soil building, food forestry, cover crops, water conservation and harvesting, and natural farming. He is a tireless promoter of the use of bokashi composting to maximize the recycling of food waste. | The safe, clean and convenient way to compost ALL your food scraps

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This book --- like the modern incarnation of bokashi composting --- has its good and bad points. I'll start with the book's strengths. Adam Footer does a fine job of not padding the book the way so many non-fiction authors do, and instead presents the facts in an easy-to-read, short text that I was able to consume during one rainy afternoon. He also includes lots of photos, and even though they're black and white, I appreciate the sheer quantity of hands-on pictorials. After reading the book, I feel like I'll easily be able to set up a bokashi bucket and produce my own compost using his method. Okay, so what didn't I like? The method seems to attract a lot of pseudoscientists, and the chapter titled "The Science" made me cringe. There's no attempt to cut through the commodification of the method to determine whether you really do need all of the types of microorganisms found in the store-bought starter solutions, although the author firmly tells us that a homemade *Lactobacillus* starter (using whey from yogurt, for example) won't be as effective. Meanwhile, Footer uses words like "consortium" to refer to the supposedly symbiotic relationship existing within the commercial starter...but gives very little information on how the consortium is supposed to be better than plain old whey. Then we hit the point where the author promises that the commercial starter will "reeducate other 'wild' microbes" --- that's where I had to force myself to keep on reading. In the end, I'd say that if you enjoy publications by Acres USA, then chances are you'll love this book. But if you like your science in a little bit of a purer form, you'll need to read Bokashi Composting critically and to run a few tests of your own to determine whether anything the author writes about is worth believing. However, since this appears to be one of the few or perhaps the only print book in English on the topic, you might as well pick it up and take a look. Just take what you read with a grain of salt.

Well written, good read for a beginner. However I would recommend You save your money and check out online resources. The guide that came with my bokashi kit was as informative as the book and free.

I just tonight carried my third Bokashi bucket to the garden. That's nearly 40 lbs of kitchen waste, including meat scraps and bones, that didn't stink up my trashcan or go to the landfill! Before long I will have eliminated the need for an entire bag of commercial fertilizer at almost no cost (I like to make my own Bokashi bran.) It goes to show how Bokashi composting can be both frugal and ecologically responsible. But as a fan of all forms of composting, I take exception to the suggestion that other better known forms of composting are inferior as they may produce greenhouse gasses. While each form of composting has its advantages and limitations, all methods of composting are hugely beneficial and none should be discouraged. Nevertheless, this book is one of the best references on Bokashi composting I've read to date and should be on any serious gardener's "must read" list.

I'm new to gardening and composting so a lot of garden books don't make sense to me yet. But this book was a quick and interesting read for me. I'm having quite the experience this year learning how to vegetable garden...some mistakes cost me tons of time and can't be fixed till I start over next year...but one area where I'm having consistent success is with my Bokashi composting. I'm glad I got this book as I understand the whole process and how to use it very well. I frequently pull this book out as a reference as I'm going along learning this process. I'm actually bokashi composting my whole side yard and will grow vegetables there in the fall...I won't even have to buy garden soil to get started...all I'm doing is bokashi composting the soil (I'm going to do 2 rounds since the soil is really bare) and adding some inoculated biochar. And with the vegetables I have already, I love that I don't need to fertilize now that I have the leachate, and I found that spraying the plants with very diluted leachate keeps pests and powdery mildew away. I highly recommend this book for anyone interested in this type of composting. It's really helpful to understand the process well and have answers at your fingertips while you're learning.

As others mentioned, yes this information is available for free on the internet if you do your research. I however like to have a book in hand and found that it was laid out well from start to finish and was an easy read. I would not hesitate to recommend this to anyone interested in learning

about the bokashi process

Clarified several things that really helped me start my bokashi bin. I strongly recommend this book for anyone who wants to try this method. My first effort was successful and was easy to follow. The author is very knowledgeable and covers everything you need to know clearly and concisely.

I've been studying up on Bokashi Fermentation for a few years now and decided to get this book to see if there was anything new to learn. For me there was not much new but for a newbie I would recommend this book as a great place to learn all that you need to learn on this subject. I do a lot of composting here on our homestead with regular compost piles, vermicomposting, and Bokashi fermentation. They all have a place, I think and used in conjunction with each other will really lesson your organic type garbage.

This composter does all it says it will. I can add my table scraps, don't have to worry about how much in browns and how much in greens I have to add. It's incredible and there is no smell.

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