Hiro’s Bokashi Club

Bokashi Bran Recipe – *home version*

The Bokashi method of recycling food waste is easy!

**First,** collect food waste in a bucket with drainage, add a handful of **Bokashi Bran** and replace the lid. Repeat until your bucket is full and place the lid on tightly for 2 weeks.

**Then,** bury the food waste and cover with soil. After 2 weeks, start planting!

Below is the recipe for making the **Bokashi Bran**:

**Ingredients for Bokashi Bran:**
- 1.5 Tbsp molasses
- 1.5 Tbsp Microbial liquid*
- 3 Cups water
- 4 lbs. Wheat bran

**Supplies Needed:**
- 1 Bucket (2 gallon)
- 1 Mixing bowl
- Measuring cup and spoon
- Stirring spoon
- 2 Plastic bags
- 2 Rubber bands
- 2 Paper bags

**DIRECTIONS**
1. **Add** water, molasses and microbial liquid* into bowl.
2. **STIR** liquids together.
3. **Add** wheat bran into bucket.
4. **Add** liquid mixture into bucket.
5. **MIX** liquid mixture and wheat bran together. **Mix well!**

**QUESTIONS??**
*Please attend a Hiro’s Bokashi Workshop - Refer to sustainablelittletokyo.org/events*
6. Divide wheat bran mixture in half and place in bags.
7. Push out all air in bags.
8. Make airtight and close with rubber band.
9. Wait 2 weeks, then empty Bokashi Bran into paper bags.
10. When Bokashi Bran is dry, it’s ready to use!

*Microbial liquid – Commercially sold in the US as EM-1 concentrate. High quality products are sold by retailers: SCD Probiotics and TeraGanix. Available online.

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