



## 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**:

<b>Ingredients for Bokashi Bran:</b>	<b>Supplies Needed:</b>
1.5 Tbsp molasses	1 Bucket (2 gallon)
1.5 Tbsp Microbial liquid*	1 Mixing bowl
3 Cups water	Measuring cup and spoon
	Stirring spoon
4 lbs. Wheat bran	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](http://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.*

### **QUESTIONS??**

*Please attend a Hiro's Bokashi Workshop - Refer to [sustainablelittletokyo.org/events](http://sustainablelittletokyo.org/events)*