

COMPOSTING KITCHEN WASTE USING THE BOKASHI BUCKET SYSTEM

The Bokashi compost bucket enables you to make compost at home from your kitchen waste. By sprinkling a handful Bokashi Bran (bran fermented with EM's) each time kitchen waste is added to the bucket, valuable organic material can be derived. The added micro-organisms from the Bokashi ensure a complete fermentation process. The Japanese word for good fermented organic material is Bokashi.

How To Use the Bokashi Kitchen Bucket

Bokashi compost can be made from all types of food waste, not just vegetables but also fish & meat. Cut up into small pieces (particularly vegetable scraps) and add to the bucket along with other types of organic materials such as old tea bags, coffee grounds etc, and then sprinkle some bokashi bran on top. The fermentation process ensures that rotting and bad smells do not have a chance. Tapping-off the collected juices at the base of the bucket is recommended every 2 days.

METHOD

- Cut up your vegetable and other food scraps into small pieces if required.
- Put a layer of kitchen waste into the bucket
- Spread a small amount of Bokashi over the kitchen waste
- Press the material down lightly (using a flat plate)
- Close the lid of the bucket
- Repeat this process until the bucket is full
- Draw off the liquid that has accumulated in the base of the bucket. Dilute this liquid at a concentration of 1:100 parts water. This can then be used as plant feed for house and garden plants. Or alternatively poured undiluted down the sink to clear pipes.
- Once full, leave the contents of the bucket to ferment for at least 2 weeks
- The contents of the bucket are ready to use after this time and should have a sweet and sour smell
- This bokashi compost can either be directly applied to the garden (dug into trenches) or added to a compost heap in the garden
- Please note, fresh Bokashi is acidic, so if dug into the garden in a trench, leave for about a month before planting on top of it.

Bokashi compost will make your soil more fertile and will give you strong, healthy vegetables and plants.

So don't throw your food waste away – compost it, the Bokashi way!

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A Few Words on Bokashi

Once the organic materials are placed in the bucket, it must be must be air tightly sealed using the lid. This ensures that a fermentation process can take place, whereby metabolic elements consisting of micro-organisms are produced. This means that Bokashi compost, just like sauerkraut has a higher nutritional value than organic substances that have not been fermented.

Bokashi is suitable for use as a soil improver and also as a nutrient in cattle fodder. Bokashi is also a source of micro-organisms that grow in the soil and nutrients for others. These then establish themselves on a permanent basis in the soil, multiply and then dominate the harmful bacteria, viruses and fungi that are present.

Bokashi has been traditionally used in Japan in order to increase the level of microbial diversity in the soil and provide plants with bioactive foodstuffs such as growth hormones, antibiotics, vitamins and amino acids. This means that plants receive more essential energy and have an increased resistance to harmful bacteria and fungi.

The neutral micro-organisms existing in a pathogenic soil that would normally choose the dominant harmful micro-organisms will now follow the EM effective micro-organisms. This means that soil that initially was potential a host for disease is now turned into a disease suppressing soil.

Within the areas of agriculture and horticulture, there is no other sustainable method of getting as much as possible out of the soil as that described above.

The Value of Bokashi Compost

In contrast to other kinds of compost, Bokashi compost retains its energy. Bokashi ensures the following:

- Faster availability of the nutritional elements that will be absorbed by the plant;
- Good environment for micro-organisms;
- Detoxifying effect on the soil.

The Effective Micro-organisms that are present in the Bokashi ensure the following:

- The production of all kinds of important bio-active substances such as enzymes, natural antibiotics and growth hormones, vitamins and antioxidants;
- A shift towards an increasingly disease suppressive soil;
- An increased microbial diversity and activity.

Bokashi Bran Refills

Additional supplies of the Bokashi EM empowered bran are available in 2Kg bags from [our shop](#).



Troubleshooting

PROBLEM	REASON	SOLUTION
Contents smell bad	Not enough Bokashi has been added. Liquid needs draining more regularly. Lid has not been closed tightly.	Add more bokashi each time you add material. Drain liquid more frequently. Ensure lid is closed firmly each time material is added
White mould appears on material Green mould appears on material	Material is fermenting correctly Material failed to ferment	Continue as normal Discard contents and start again

What can I put in a Bokashi bin?

Good Items

- Vegetable peelings
- Meat
- Fish
- Bread
- Tea bags
- Coffee grinds
- Tissue paper



Bad Items

- Plastics
- Metal
- Liquids
- Cardboard/paper

Don't add liquids or wet items as these will cause problems.



To buy the Bokashi buckets or EM Bran from our shop or go direct the Bokashi section of The Recycle Works website by [clicking here](#)

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