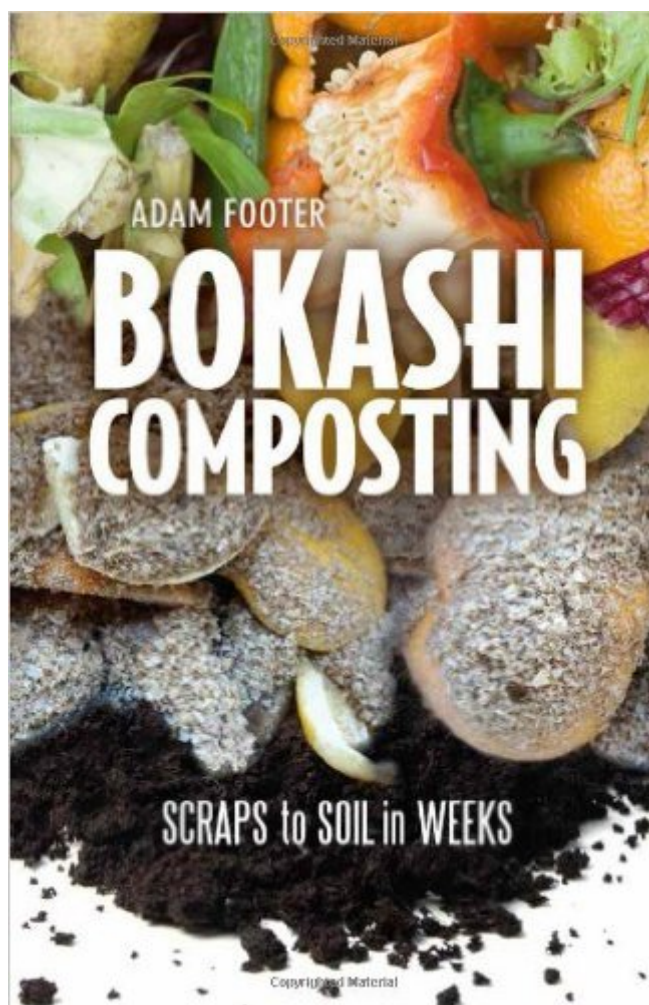


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Bokashi Composting: Scraps To Soil In Weeks



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

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.

When I received the book I wasn't sure exactly what to expect. I love to compost and was already utilizing Bokashi but was unclear on some of the practices. This book really helped me to understand how I can make my own Beneficial Microorganisms and also how to make my own Bokashi Grain. I consider myself pretty knowledgeable on bokashi but this book clearly showed me I had more to learn. I already had one Bokashi Bin setup inside my kitchen and I use a small waste bin for all my food scraps while I cook. Now I'm going to use the directions in chapter 5 to make another bokashi bucket. I wish everyone would do this, such a fast way to compost.

If you're like me, you might have wondered why you can't compost meat or dairy at home according to the standard wisdom. It was that thought that started me on my own bokashi journey a couple

years ago. At that time, learning about bokashi was a time-consuming process of searching the Internet, digging through online accounts of various quality, and experimenting. And while I think that experimentation is a worthwhile and necessary part of the process, I would have loved to have this book when I started moving beyond the standard household composting regime into the realm of composting pretty much all of my family's food waste. In this compact and well-organized book, Footer lays out the history and science behind bokashi, its relationship to traditional composting and the soil cycle, and a range of means for applying the bokashi method to process food waste; as far as I know, this is the first book of its kind for the English audience. It is comprehensive, covering the microbial science of bokashi, the production of inoculants, bokashi bucket construction, and the use of fermented food waste and leachate for agricultural and horticultural applications. It is easily readable for both the bokashi novice and the veteran; those who just want to learn about an expanded composting method and purchase a commercial solution can do that, while those who want to follow a DIY mentality and dig in can follow the bokashi method using widely available raw materials and their own time and effort. My one wish for the second edition is that the pictures be in color. Being able to see what a normal bokashi bucket looks like doesn't really work in black and white.

This book is as good as it gets in the realm of Bokashi Composting. I have been doing Bokashi for a couple years, and have learned so much already! The amount of information contained is incredible. The book is very straight forward and reads very well. I recommend it to anyone from the beginner to advanced Bokashi Composter! Thanks Adam!

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.

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

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.

PROS:Contains useful information and is an adequate starting point for people who have recently become interested in Bokashi composting.CONS:Not easy to read because of poor structure, frequent repetition, and low quality black and white photographs.

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