

# LACTOBACILLUS SERUM



## INGREDIENTS

- White Rice
- Rain water
- Full fat milk
- Molasses

## METHOD

- Wash rice in water. Keep water.
- Leave water in cloth covered bowl for 5 days.
- Once rice water has soured, add two parts milk to one part soured rice water.
- Leave milk/soured rice water in cloth covered bowl for 5 – 7 days. Rice water/milk should separate out into curds and whey.
- Discard curd. Keep creamy yellow liquid. This is your lacto bacillus serum
- To keep, add equal parts molasses to lactobacillus serum.
- Store in clean, sealed plastic bottle away from direct sunlight
- 1:1 mixture should last up to 3 years.
- To use, dilute 1:20 with rain water. 1:20 mixture should last up to 6 months. Discard if contents start to smell bad or off.

# 1:20 LACTOBACILLUS SERUM

## DILUTION RATES

- For general use: Mix 2 tablespoons per 1 litre of water.
- Use diluted solution within 1 week. Always use non chlorinated water.

## APPLICATIONS

**Odour:** Use wherever odour is a problem – poultry sheds, kitty litter trays, animal bedding, stock yards, stables and kennels, smelly shoes, smelly drains, sumps and water dishes.

**Bokashi Buckets:** Put into trigger bottle and spray onto food scraps each time they are added to your bokashi bucket. When full, seal and leave to ferment for 1 week before burying in ground.

**Compost Heaps:** Add 2 tbsp in 1 litre of water and spray onto compost heaps or under mulch to facilitate fermentation.

**Gardens:** Add 2 tbsp in 1 litre of water and use as a soil drench or foliar fertiliser to increase nutrient uptake efficiency and disease resistance. Do not apply during strong sunlight.

**Septic Systems:** Pour 2 tbsp in 1 litre of water down toilet. Repeat regularly.

## STORAGE:

Store at room temperature away from strong or direct light. Do not refrigerate.

# BOKASHI

## DRY INGREDIENTS

- 10 litres rice bran or what bran
- 5 litres fish meal, bone meal or chook poo
- 5 litres seeds remaining from oil extraction: canola, soya, copra.

## WET INGREDIENTS

- 2 litres rain water (or more)
- 20ml molasses
- 20ml 1:20 lactobacillus serum

## METHOD

- Mix dry ingredients in large bucket
- Combine with wet ingredients
- Knead together until mixture becomes crumbly and sticky, like biscuit base.
- Ferment in sealed bucket or garbage bag at low temperature for approx. 1 week.
- Bokashi is ready when it forms a mould in your hand and crumbles when touched. Should smell sweet and fermenty. Do not use if still fermenting.
- Store in air tight container.
- Will keep for 1 – 2 months.
- Can be dried in sun prior before storage to extend shelf life.

For more information, recipes and inspiration: [www.theunconventionalfarmer.com](http://www.theunconventionalfarmer.com)