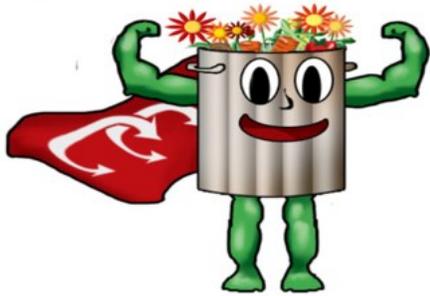


Captain Compost



Buy Bokashi!

- 2J's Fresh Market in Great Falls, MT
- online www.gardensfromgarbage.org (click the Captain's Store)
- Farmer's Market June-Sept.
- Gardens from Garbage - Call Captain Compost @ 406-868-2359

Bokashi prices: 1 quart - \$4
1 gallon - \$12

For bulk orders, call Captain Compost (Mike)

www.gardensfromgarbage.org



Our mission is to educate and guide organizations, neighborhoods and communities in developing a sustainable local food source through composting, gardening and year-round greenhouses.

We are a Great Falls based non-profit focused on sustainability education & projects; working & teaching statewide since 1998.

Current Projects:

- Developing a 2.2 acre plot of city park land called the Westside Orchard Garden in Great Falls. The majority of the garden harvest will be dedicated to Head Start families & other local pantries. Components of the Orchard Garden are adult & youth education, local sustainability, job training.
- Producing and distributing an organic inoculant/fertilizer, BOKASHI, as a compost accelerant, septic sanitizer & soil builder.
- Installing bokashi composting systems in public schools in Great Falls & statewide.
- Hosting the annual spring FRESH! Food Forum to promote local food sustainability.
- Organizing the annual Foster Tomato Program to ensure delivery of FRESH produce to local pantries & kitchens, assuring food security.

How you can help:

- Become a member
- Buy bokashi
- Donate time/materials
- Help fund projects
- Start composting
- Grow a garden
- Join the Board
- Volunteer to help

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Bokashi

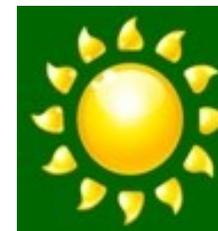
Natural "live" Compost Accelerant

Cold Composting
No turning...No stink!

Growing
Gardens



From Garbage



Sunburst Unlimited, Inc.
Sustainability education and projects.
A 501 (c)3 nonprofit organization

1917 1st Avenue North
Great Falls, MT 59401
406-868-2359
www.gardensfromgarbage.org

Uses for Bokashi:

Bokashi Tea:

Add 2 T. bokashi to one gallon filtered water. Let stand for 12 hours. Then water plants, flowers, vegetables or use as a foliar spray.

Gardening:

- Mix dry bokashi with potting soil for potted plants at a rate of about 1-3% bokashi to soil.
- Use bokashi-fermented/pickled food waste trenched & buried between rows of your garden.
- Mix dry bokashi in the soil as you are planting your vegetables, fruits, or flowers.

Bokashi Bucket Composting:

In a bucket, cover the bottom of the container with 1/2 cup bokashi.

Add your kitchen waste, including meat and dairy. On top of every 2-3 inches of kitchen waste, sprinkle 1-2 T. bokashi. Mash down with a plastic bag to compress so it becomes anaerobic, “without oxygen”. Keep container sealed throughout the filling process. When full, seal tightly & ferment for 2-3 weeks.



Your kitchen waste will then be “pickled/fermented”. Do one of the following next:

- **Transfer** the fermented contents of the container into your garden beds or flower garden by burying it 6-8 inches under the soil.
- **Trench** it between planted rows & it will feed flowers or vegetables.
- **Add** it to your outdoor composting system, which will increase the speed of decomposition in your bin.



- **Combine** with some dirt in another container, stir it up a little, re-cover for 3 weeks and you will have pure compost when you open it. Fast and easy way to produce your own “good dirt”! See “soil factory” on website.

Bokashi fermented food waste does not become dirt in the bucket by itself.

The food will look the same as what you put in – an onion will look like an onion – but the pickling has changed its internal structure. It needs a carbon element added to complete the transformation into “good dirt”. Dig out some old compost in your existing bin, put the bokashi waste in the bin, & cover it with the compost you removed. In combination with all the other naturally occurring microbes, it speeds up the composting process.

More ways to use bokashi:

Septic Sanitizing:

Add 1/8 cup bokashi to one gallon filtered water. Let stand for 12 hours (sealed airtight). Then pour/flush activated bokashi water down the sink or toilet drain. Will replace chemicals. Repeat monthly.

Grain Planting:

Add 1% bokashi by volume to the seed drill when seeding for fertilizing the fields.

Reduce animal odors:

Cat lovers LOVE bokashi & Poo-kashi!

Add 1/2 to 1 cup to kitty litter per litter change. Sprinkle on pet bedding, sprinkle on smelly yards, chicken coops.

Note: Bokashi is created by soaking organic wheat bran in EM-1 (Effective Microbes), molasses & water, then fermenting and drying the microbe enriched bran. Liquid EM-1 has proven extremely effective in clearing ponds and streams of algae, reducing fungus and mold from plants, shrubs and trees, reducing skin conditions (itching, mange) on pets, reducing odors by spraying where farm animals reside.

Contact *Gardens from Garbage* to purchase EM-1.

Safe for humans & animals



Bokashi Cold Composting can be done year-round!

We compost all year. In the winter, you can continue to do bokashi composting in a closed container: either an insulated compost bin in your backyard, or in a “soil factory” in your basement (see website).

www.gardensfromgarbage.org

We also sell buckets for Bokashi Bucket Composting in 2 sizes—3 gallon and 5 gallon. Buckets come with a spigot, a starter package of bokashi & instructions .



Check our website for current classes and workshops.