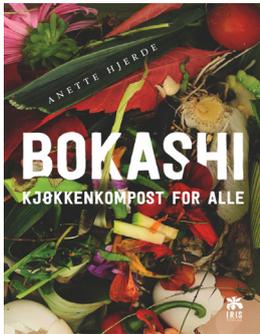


BOKASHI

KITCHEN COMPOST FOR EVERYONE



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Bokashi

Kjøkkenkomposten for alle

Anette Hjerde
180x220, 192p

Make your own soil! Simple, quick and environmentally friendly with bokashi.

Did you know that you can make your own compost in the kitchen? Bokashi is a Japanese method which has been introduced to the West, and it's incredibly simple and environmentally friendly! In *Bokashi* you get a complete guide to what you need in order to get started, along with a load of tips and inspiration. Author Anette Hjerde started to blog about bokashi last year, and has through bokashinorge.no noticed how great the interest is, as followers of her blog have simply grown and grown.

In the bokashi kitchen compost all food waste is transformed into rich soil and fertiliser, in just a few weeks. All you need are a few airtight plastic containers and the bokashi straw, which via its natural micro-organisms breaks down the food refuse. You need do nothing more than add your everyday food waste on a daily basis, and the bokashi straw does the rest. When the process is complete you have both a highly concentrated, nutritious liquid, and a fermented refuse which will be ready to use as fertiliser after a few weeks mixed with soil.

Gardening and cultivation enthusiasts are growing rapidly. Ecological, locally produced and do-it-yourself methods are a sign of the times, and the number of people wanting to grow their own food is constantly rising. Herb gardens and small-scale plots for the cultivation of vegetables is also a growing urban activity – in communal plots, on roof terraces, in backyards, or on the window sill. One city cultivator in Oslo has, for example, struck up a cooperative enterprise with the Michelin restaurant Maaemo, through which he receives food refuse to convert into fertiliser using the bokashi method and then supplies home-grown vegetables in return.

Soil purchased from garden centres often contains a lot of peat and therefore contributes to carbon emissions, and it can be difficult to get one's hands on eco-friendly soil. Compost soil made from food waste is, on the other hand, gold for all those who wish to cultivate themselves. Bokashi can be done under the kitchen sink, and the method contributes next to nothing in emissions, as all the energy and nutrition in the waste is transferred back into the soil.



About the author

Anette Hjerde is a partner in the communications bureau FeteTyper, and also runs the blog and start-up company Bokashi-Norge.



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