

Bokashi-Fermentation Composting

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If you've wanted to start composting but don't have the space for traditional methods, you may find bokashi to be a perfect fit! Using beneficial microorganisms and harnessing fermentation, this process breaks down a large variety of food scraps, which can later be used as a soil amendment.

The set-up is simple to get started and takes up little space. The basic requirements are a bucket with an airtight lid, bran inoculated with microorganisms, and food scraps. Complete starter packages are readily available, making bokashi an excellent choice for repurposing kitchen waste.

Breakdown of food is done through an anaerobic process in a sealed bucket, so smells are not an issue. Chopped scraps are added to the bucket and compressed, then a handful of bran is spread on top. Once the bucket is full, it is sealed up and left to ferment for about two weeks.

After two weeks, the scraps are now pre-compost and can be introduced to soil to complete the breakdown. This can be done outside or in planters in your home. Bokashi ferment works well as an amendment, adding a variety of microorganisms to the soil.

Bokashi is a user-friendly way to turn waste into soil food, keeping scraps out of landfills and saving money on amendments. A wealth of information is online if you are interested in learning more.

References:

<https://bokashiliving.com/>

<https://bokashiresearch.org/>

