

This week on Radio Nova we looked at the versatility of the Bokashi composting bin.

**What is a Bokashi Bin?**

These bins are the most effective method of recycling kitchen waste, carried out in an airtight container using Bokashi as a compost activator. It is a bran-based material that has been inoculated with beneficial micro-organisms (a mix of friendly bacteria, yeast and fungi), which helps to speed up the composting process, suppress pathogens, and prevent putrefaction and foul smells.

**The Benefits of a Bokashi Bin:**

* No Smells because of friendly, safe bacteria
* No fruit flies because the process does not require air
* Small & compact for kitchen
* Cooked & uncooked foods, including meat, fish, fruit and vegetables can be used
* It will help rebuild the soil in your garden and decontaminate soil from harmful pathogens and pollutants.
* Watch your garden bloom with a new life if you bury your fermented food waste directly under the soil or put it in a compost bin.
* It can be added to your wormery.

**What can you put into the bins?**

Food Scraps & Leftovers

Fruit & Veg

Dairy Products

Meat & Bones

Fish

Prepared Foods

Pizza, Burgers, Snacks, Baked foods, cakes

Other organic Material

Spent flowers

Coffee Grounds

**Links for more information:**

[www.betterplants.ie](http://www.betterplants.ie)

[www.bokashiorganko.com/bokashi-library/benefits-of-composting-food-waste](http://www.bokashiorganko.com/bokashi-library/benefits-of-composting-food-waste)

