** EM: ESSENTIAL MICROORGANISMS**

1/4 cup rice

1 quart Mason Jar

1 cup water

1 fine mesh strainer

80 oz milk or whey (depends on how much one is making)

1 gallon container or jar

1 tsp. black-strap molasses

Procedure:

1. Place rice and cup of water in mason jar and shake vigorously until water is cloudy white, strain off rice kernels and discard into tour compost bin or cook for dinner. I have heard of the Japanese adding a dash of nato to help ferment but not needed.

Rice water EM

2. place cap on loosely and store in a cabinet or cool dark place for 5-7 days.

3. Sift off top layer and strain liquid (serum)

4. measure your rice liquid and now add a ratio of 1 part fermented rice to 10 parts milk or whey, I would culture in a 1 gallon jar. let sit for 5-7 days.

Rice water and milk serum fermenting 3 days - notice lid is only sitting on top as to not build pressure.

5. sift off curd settlement and add to your soil or feed your animals it is good for their digestion, then there should be a light yellow serum left this is your inactivated serum.

6. Add 1 tsp molasses to feed and keep your bacteria alive and refrigerate. should have a shelf life of 6-12 months.

7. to activate microorganism activities and to room temperature non-chlorinated water at a ratio of 1 part Serum to 20 parts water.

8. feed to plants either straight into soil or follicular feeding.