

Lactic Acid Bacteria

2 cups of organic rice
1 quart of good water
1 quart size canning jar with lid
1 pint size canning jar with lid
1 large bowl
Raw milk (or any milk that you have)
Strainer
Clean cloth

Rinse the organic rice and capture the rinse water. Use this water 2 more times to rinse the rice and pour this water into the canning jar and label it Lactic Acid Base and the date. Place a clean cloth over the top of the jar and let it sit out of the sun with good air circulation. As it sits, the water will separate into 3 layers. The bottom and top layer may be thin. Remove the top layer and pour the middle layer into the other jar. The bottom layer can be discarded. Label this Lactic Acid Bacteria Pure Stock and add the date. This can be stored in the refrigerator for years and will be used whenever you want to make the Lactic Acid Bacteria amendment.

When you are ready to make the amendment, mix the pure stock with milk at a ratio of 1:10 - 1 part amendment to 10 parts milk. Cover the container with a cloth and let it sit for 5-7 days out of the sun. This time the contents will separate into very distinct layers. There will be sediment on the bottom, a yellowish clear layer in the middle and a thick cheese like layer on top. Discard the top layer and pour the middle layer in a jar and label. This can be used as a foliar spray or drench. Dilute 1:1000 when using as either.

Use the LAB:

During transplanting, on compost, to aid growth of plants, add to soil before seeds, to help compacted soil, to discourage other pathogens on your plants

-adapted from The Regenerative Gardener's Guide to Garden Amendments
By Nigel Palmer