SOIL LAND FOOD
ECOLOGICAL AGRICULTURE

making lacto serum: step 1

- Add 1 cup of rice to 1 litre of water
- Leave for 3 days with ‘loose’ fitting lid until water smells ‘sour’

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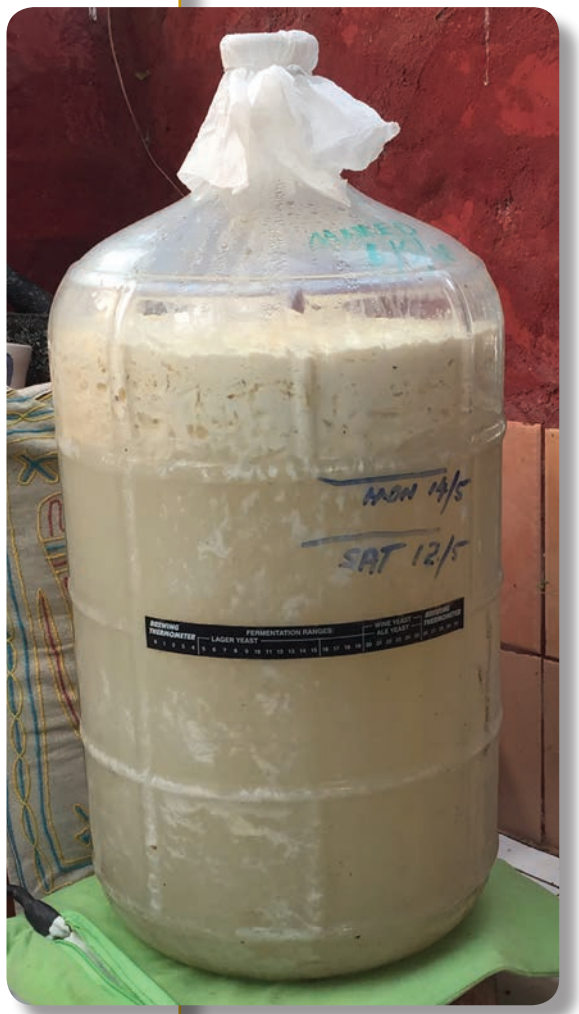
making lacto serum: step 2

- Add the rice water (without rice, about 1 litre) to 2 litres of milk, again with a loose fitting lid to let biology from the air into the mix
- Wait until a ‘cheese’ forms on top
- The cheese will take about 1 day to form if kept in a warm room
- Leave for a second day to become solid



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making lacto serum: step 3

- Throw away the ‘cheese’ on top of the liquid (rice serum), and add equal amounts of rain water to the ‘milk’ serum
- Place the liquid (total volume now about 6 litres) in a drum.

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making SPICE compost inoculant: step 4

Changing the LACTO Serum into the Compost Inoculant

Add to a bigger container:

- 1 kilo of basalt dust
- 7 litres of sea water (or rock salt in water)
- 3 litres of molasses
- 6 litres of LACTO

Put these items in a hemp bag (so we can use the bag like a big tea bag) and hang the bag in the container

- 15 - 20 litres volume of fresh cut green plants
- 3 kilos of bone meal
- 3 kilos of rice bran

Fill drum with water. Jiggle bag every day for 5 days.

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making protein hydrolysate: step 5

- Macerate protein source material (animal or vegetable or mixed)
- Add water to protein with a ratio of 1:1
- Add 20% of total protein bulk as carbohydrate
- Add LACTO inoculant as 7% of total bulk
- Seal with tight fitting lid and fermentation airlock
- Leave for four weeks
- Dilute at least 100:1 when using as foliar