

Bokashi Academy

Why is composting an optimal way to process organic waste?

Composting is the best way to process organic waste. It is environmentally friendly, and it ensures that valuable resources are not wasted. However, there are several types of composting, and they each have their advantages and disadvantages. As such, to make the process as smooth and efficient as possible, different types of composting must be used in a complementary way. But, before we take a closer look at different types of composting, let's make sure you all know what composting is.

The simplest definition of composting is to see it as the natural process of recycling organic matter. This also means that microorganisms and sometimes macroorganisms are involved in the process. Moreover, while we technically talk about composting only when oxygen is present, bokashi fermentation, which takes place in airtight conditions and without oxygen, is also considered composting, but... well... better.

Aside from bokashi composting, which is an anaerobic process, we have traditional composting with an open-air composting pile, known as an aerobic process, and vermicomposting, which includes worms.

So, why is composting so great? Well, it provides new resources. When we ensure that the process undergoes proper stages, we end up with quality compost, which is extremely valuable. When used correctly, it serves as a basis for sustainable gardening and farming. It offers plants nutrients, natural protection, moist retention, and a well-balanced environment. Aside from this end product, some composting methods also offer useful side products. For instance, in the case of bokashi composting, bokashi liquid, also known as bokashi juice, is produced. It serves as the perfect natural fertilizer substitute, and it can also be used as a natural cleaner, but more on that in the following video.