

# How We Are Making and Using *Fermented Plant Juice* at the Kerr Center

*Fermented Plant Juice* is a fermented extract from plant matter that contains nutrients and growth factors beneficial to growing plants. It is one of several farm-made fertility inputs used in a sustainable farming system developed in Korea, simply called "Natural Farming." We made our first batches of *Fermented Plant Juice* in 2010. We are now experimenting with these as foliar fertilizers on tomatoes in 2011.

The process we are using for making *Fermented Plant Juice* is as follows:

- 1) We harvest the fast-growing leaves of plants such as comfrey, stinging nettle, mugwort, or vegetables just before dawn, when the growing tips are believed to have the highest concentrations of growth hormones.
- 2) Dirt, insects, and other contaminants are removed by shaking or brushing. NO WASHING.
- 3) The harvested vegetation is weighed and set aside.
- 4) An equal amount, or up to 2/3 more, of high quality brown sugar is weighed out.
- 5) The vegetation is finely chopped and layered with the sugar in a clean crock or bucket.
- 6) The material is then weighted down with a weight or "press." (We use a plastic garbage bag partially filled with water. This ensures even coverage, and exclusion of light and air. Care is taken that the bag doesn't leak.)
- 7) We remove the press after 24 hours and cover the container with a breathable, natural fabric, securing it with a large elastic band.
- 8) It is placed in a dark location. Ideal ambient temperature should be 65°–70° F.
- 9) After about one week, the brown, syrupy liquid that accumulates is drained off and stored in a glass container in the refrigerator. (We understand it can be stored this way indefinitely.)
- 10) *Fermented Plant Juice* can be used as a foliar spray, diluted at about 1:500 (about one ounce to four gallons) with water and other spray nutrients. (We use materials like fish emulsion, seaweed extract, micronized minerals, etc.)
- 11) Apply foliar sprays only in the coolest parts of the day to be effective. In the past, we've felt that early hours of the morning were best.

Resources:

Ju-Young, Cho. 2010. *Natural Farming: Agriculture Materials*. Cho Global Natural Farming, Seoul, S. Korea. 104 p.

Prell, Jackie. 2010. *Natural farming with indigenous microorganisms: Inputs & uses*. Acres U.S.A. July. p. 20–21, 24–26.

Prell, Jackie. 2010. *Natural farming with indigenous microorganisms*. Acres U.S.A. January. p. 36–39.