## Make your own Lactic Acid Bacteria – Lactic Acid Bacteria Recipe

You can culture your own lactic acid bacteria mixture using mostly items you probably already have at home. Here's how you do it:

### Ingredients

- 1lb Rice
- Chlorine-Free Water
- 1 quart Organic Milk (commercial milk may contain antibiotics)

### Materials

- Wide-Mouth Mason Jars – 64oz
- Cheesecloth(s)
- Rubber Band
- Paper Bag

### Directions

1. If your water is chlorinated, let it sit out for 24 hours so the chlorine can dissipate, if you don't already have a chlorine filter – get one, extremely important for your garden when using LAB
2. Put equal amounts of water and rice in a jar.
3. Shake well, then strain through cheesecloth into the second jar. The water should be milky-looking.
4. Cover the jar with a fresh piece of cheesecloth and secure with a rubber band.
5. Place the jar in a paper bag or wrap it with a cloth to seal out the light.
6. Let the jar sit in a warm, dark place.
7. Check daily for the residue to settle at the bottom, and for the mixture to have the sour smell that tells you fermentation has started. It will take 2–3 days if the temperature stays in the 77-86°F range. Otherwise, this step could take a week or longer.
8. Pour the milk into a new jar.
9. Pour the fermenting rice water into the jar, straining through a clean piece of cheesecloth.
10. Cover the jar with more cheesecloth and secure with a rubber band or the jar top. Make sure it's secure, but there's still airflow.
11. Put the pitcher in a paper bag or wrap it with a cloth to seal out the light.
12. Place it in a cool, dark place.
13. Check once a day until you see three distinct layers form. This can take up to a week.
14. Scoop out the top layer (the curd) and discard.
15. The mixture (the whey) will be the middle layer that has a clear/light yellow color. Slowly pour off the mixture into a clean jar, straining through cheesecloth again. Be careful not to mix in any of the bottom (sediment) layer.
16. Seal the jar loosely so gas produced by the ongoing fermentation can escape.
17. Place in the refrigerator. It is now ready to mix and use in your garden.

The mixture is alive. It will continue to produce small bubbles and should have a mild sweet/sour aroma. If it smells like it's rotting, the mixture is contaminated and needs to be thrown out and you should start over.

## Foliar Feeding Lactic Acid Bacteria (LAB) Application

To use, dilute the mixture by adding 110ml to 1 gallon of dechlorinated water, and add to spray bottles. One batch of the mixture can make up to 130 gallons of foliar spray.

If you can't refrigerate your mixture, you can stabilize it by adding an equal part of molasses or brown sugar to the mix. This gives your LAB culture something to feed on while waiting to be used on your cannabis plants.

**Apply your LAB by foliar feeding and spraying the tops of the soil if growing in soil, 1 to 2 times per week.** LAB is the best foliar feeding nutrient you can give your plants by a long shot. It is cheap to make yourself and it delivers incomparable results. Try it, you'll thank us later.