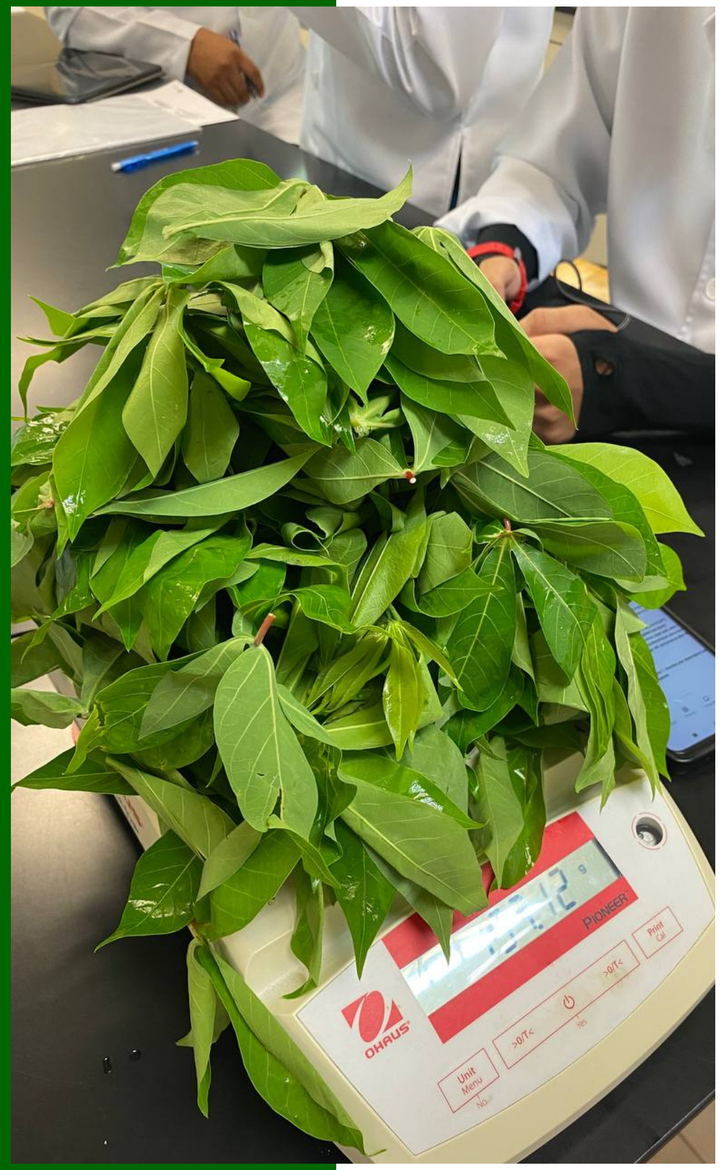
PROCEDURE FOR MAKING FERMENTED PLANT JUICE (FPJ)

There are 8 steps

- Step 1: Harvest and Prepare Plant Material
- Step 2 : Chop or Crush Plant Material
- Step 3 : Mix with Sugar
- Step 4: Place the mixture into container
- Step 5: Cover with Cheesecloth
- Step 6: Fermentation
- Step 7: Straining
- Step 8: Storage



Step 1: Harvest and Prepare Plant Material

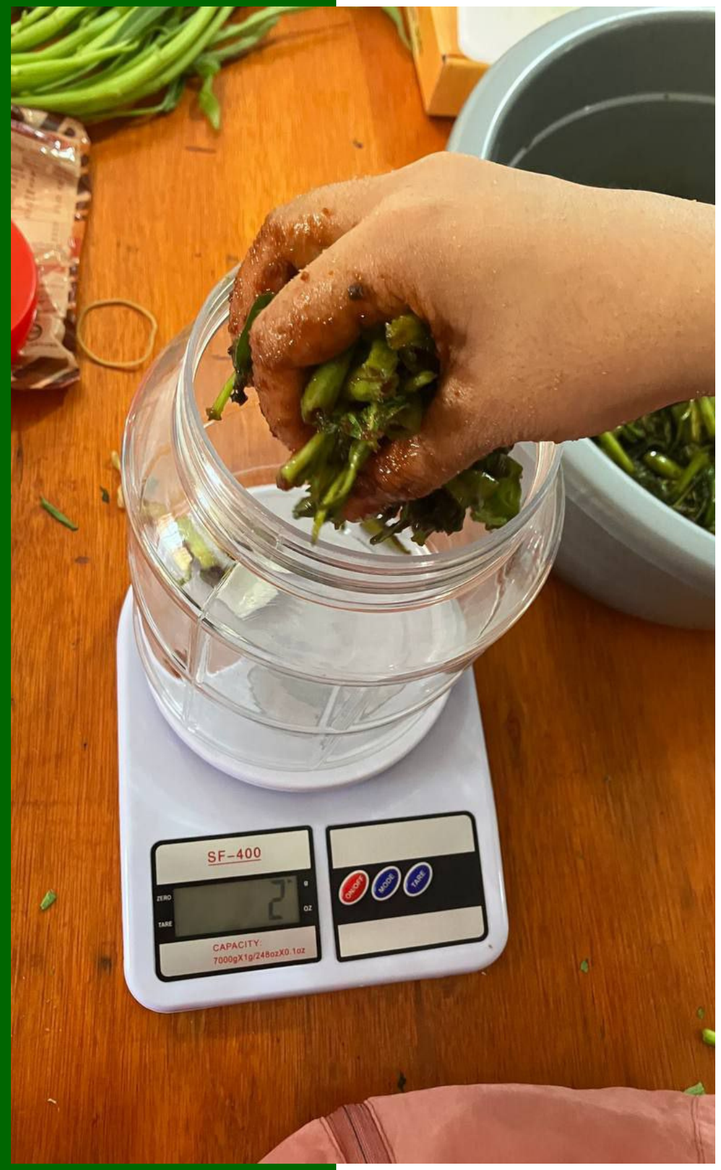
- Choose fresh and healthy plant materials. Leaves, young shoots, and fruits are commonly used.
- Wash the plant material to remove dust or contaminants.

Step 2 : Chop or Crush Plant Material

- Chop or crush the plant material to increase its surface area, making it easier for the fermentation process to take place

Step 3:Mix with Sugar

- Add an appropriate amount of brown sugar.
- The sugar provides a source of energy for the fermentation process.
- With your hands, thoroughly combine mixture.
- The goal is to ensure that all the plant material is combined with sugar to facilitate the easy extraction of juice.



Step 4: Place the mixture into container

- It is recommended to use plastic or glass container.
- Avoid using metal container to avoid any chemical reaction between water use and container.
- Tightly fill the container to the brim with the plant material and brown sugar mixture.

Step 5: Cover with Cheesecloth

- Cover the container with a breathable material, such as cheesecloth, and secure it with a rubber band or string.
- This allows gases produced during fermentation to escape while preventing contaminants from entering.
- On the cover, note the processing date and the anticipated harvest date.
- The covered container should be store in a well-ventilated area away from artificial or natural light and extreme heat or cold.

Step 7: Straining

- After the fermentation process is complete, strain the liquid from the solid plant material. The liquid is the fermented plant juice, rich in nutrients and beneficial microorganisms.

Step 8: Storage

- Store the strained fermented plant juice in a cool, dark place. It is usually diluted with water before application to plants.