



Fermented Fruit Juice (FFJ)

Materials:

Fresh Plant material

(Ripe bananas or other fruits from your garden.)

Brown sugar

(equal weight to the plant material)

Container for fermentation

Breathable Cover

(cloth or paper towel)

A strainer

Container for Storage

Application:

Dilute FFJ with water at a ratio of 1:1000.

Soil Drench:

Use to enhance soil health and promote plant growth.

Foliar Spray

Apply to plant leaves to boost vitality.

Animal Feed Additive

Incorporate into animal feed to improve digestion and overall health.

How to:



Harvest and Prepare the Fruit

Harvest ripe fruits early in the morning. Chop fruits into small pieces.



Weigh the Fruit and Sugar

Weigh the chopped fruits. Measure an equal weight of brown sugar.



Mix Fruit with Brown Sugar

Combine chopped fruits and brown sugar in a container. Mix thoroughly.



Ferment the Mixture

Transfer to a container, cover with breathable material, and let sit in a cool, dark place for 7-10 days. Stir daily.



Observation

Check the mixture daily for liquid formation and a sweet, fermented smell.



Harvest FFJ

Strain the liquid into a clean container.



Storage

Store in the refrigerator or mix with brown sugar for longer storage.