



# Microbes: PIMO Propagated IMO (IMO3)

100mL Maintenance Solution

20mL LAB

1 cup SIMO

100g Sea Salt



5 Gallons (Oxygenated) Fresh Water



50 Pounds Mill Run

Time: 1 week

Difficulty: Expert

Propagated IMO ferments for 7~11 days and must be turned many times a day as appropriate to keep the temperature below 120°F to produce high quality indigenous micro organisms.

## General Recipe

50lb Minimum: ~1 Gallon of water for every 10lb of mill run Dilute into water

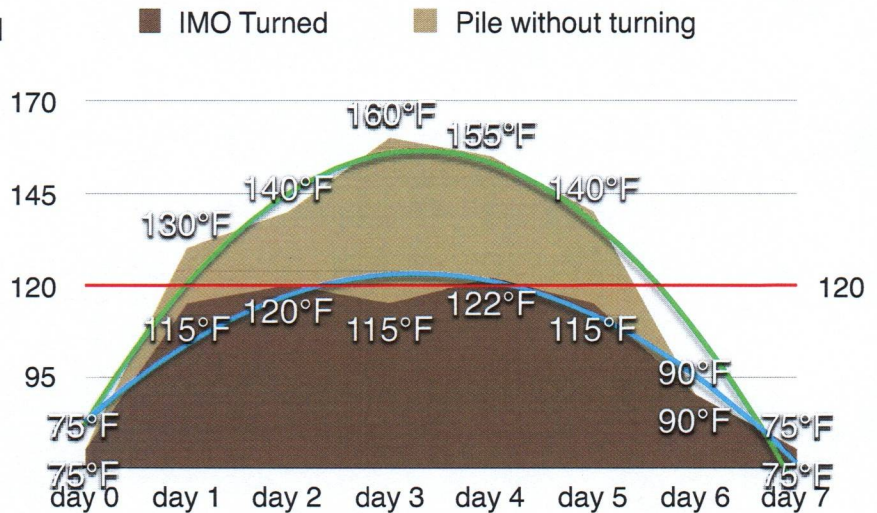
- 1:500 Seed IMO
- 1:1000 knfMedicine
- 1:500 knfCleanser
- 1:500 knfFood
- 1:1000 knfPolice
- 1:30 knfMinerals
- 1:1000 Humic/Fulvic Acids (Optional)

Mix water evenly into mill run

Cover with long grass.

Turn as necessary

Record starting details and turning details



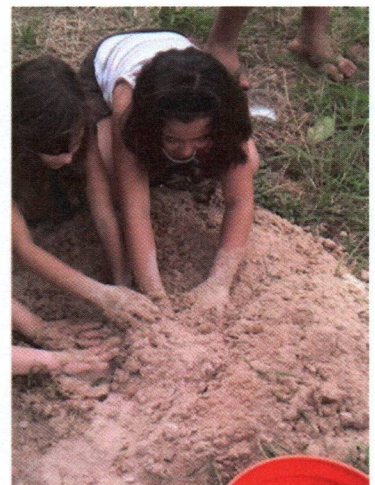
Cover with long grass

Pile mill run 6-8 inches in height

- Initial water will moisten mill run to 60% moisture content. Do not add water later.
- **Important:** Keep temperature below 120F; adjust height to manage temp
- Tip: Check 4x a day
- Turning will reduce pile temp by 10F
- Mix outer part into inner part while turning to encourage diversity
- IMO3 may take 7-14 days to cool to room temperature
- Correctly Propagated IMO will smell like bread baking early and forest floor when complete
- If smells like asphalt during light rain, it got too hot and tends to fail.
- If mill run is not available: blend 50/50 wood chips / dog food

## Theory

Microbes go through a generation every 30 minutes. One week of fermentation for them is 10,000 years in our time. This time to breed in utopian conditions produce immensely diverse and robust indigenous micro organisms.





# Microbes: Seed IMO Preservation (IMO2)



- Preservation must be done within 15 minutes of gathering IMO Collection.
- Mix equal weight of brown sugar and IMO Collection in a mixing bowl
- Fill a glass jar with the mixture until 2/3 of the jar is full.
- Wipe outer jar clean
- Cover with a breathable lid
- Label and date the collection
- Store out of direct sunlight in a cool area.
- 3-7 days after mixing Seed IMO is ready to be made into Propagated IMO
- Can be stored for up to 3 years at room temperature or centuries in a refrigerator
- If Seed IMO bubbles in storage add more brown sugar



A good natural farmer makes many Seed IMO from different locations and during varied weather conditions





# Microbes: Seed IMO Collection (IMO1)

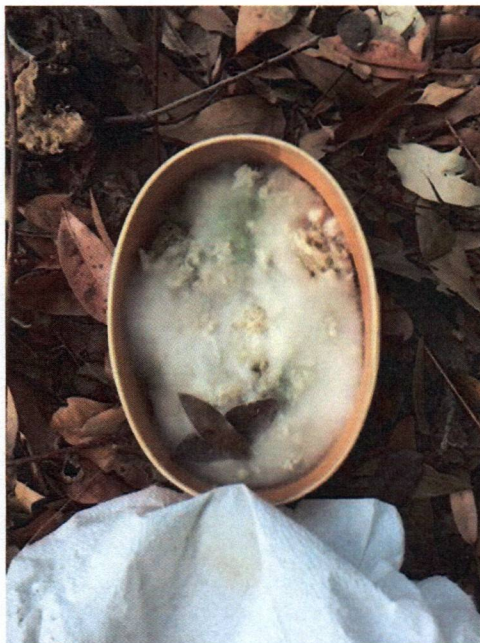
- Gather Seed IMO from an area that has not been disturbed for at least 1 year. The accumulated leaf litter should be deep or white strands of mycelium should be visible in the soil and on decomposing organic matter.
- Ideally gather from an area within a mile your application area of equal or greater elevation.
- Forests and bamboo or banana patches are recommended areas to gather.
- Use either a wooden box or a container woven from a natural material. Cover with breathable lid ensuring it does not sag into the airspace.
- “Hard Cook” white rice and loosely fill container 2/3 full
- Think good thoughts during the collection process and be optimistic about a good collection. This may take several times to get it right. Be persistent.
- Collection time is between 60 hours to 11 days depending on temperature. Gather as soon as bottom is warm.
- Successful collection looks like cotton, will permeate the entire rice substrate, and smell like rich forest floor
- In cold climates bury collection box at least 1 foot deep
- Preserve Seed IMO within 15 minutes

## Don't

- Gather from lower elevation
- Use a plastic container
- Compress rice into container
- Use really wet rice
- Cut off airflow with plastic cover
- Open container to “check if ready”
- Think some moldy thing in your kitchen is IMO



Failure



Acceptable



Correct



# Ingredients for the 7 Prescriptions



## How the 9 Core Solutions make the 7 Prescriptions



FPJ	BRV	OHN	WCP				
1:500	1:500	1:1000	1:1000	-	-	-	-
8mL	8mL	4mL	4mL				



FPJ	BRV	OHN	WCP		LAB	Minerals	
1:500	1:500	1:1000	1:1000	-	1:1000	1:20	-
8mL	8mL	4mL	4mL		4mL	190mL	



FPJ	BRV	OHN	WCP	FAA		Minerals	
1:500	1:500	1:1000	1:1000	1:1000	-	1:25	-
8mL	8mL	4mL	4mL	4mL		150mL	



FPJ	BRV	OHN	WCP	FAA	LAB		
1:500	1:500	1:1000	1:1000	1:1000	1:1000	-	-
8mL	8mL	4mL	4mL	4mL	4mL		



FPJ	BRV	OHN	WCP	FAA	LAB	Minerals	
1:500	1:500	1:1000	1:1000	1:3000	1:3000	1:30	-
8mL	8mL	4mL	4mL	1mL	1mL	125mL	



FPJ	BRV	OHN	WCP	FAA		Minerals	WCa
1:500	1:500	1:1000	1:1000	1:3000	-	1:25	1:1000
8mL	8mL	4mL	4mL	1mL		150mL	4mL



FPJ		OHN				Minerals	WCa
1:500	-	1:1000	-	-	-	1:20	1:1000
8mL		4mL				190mL	4mL

\*mL measurements are approximate for 1 Gallon. Use calculator app for accurate measurements

# KNF Food Fermented Plant Juice



Food is the king of all medicine. It perfectly mimics plant exudates. By combining multiple foods together the biology thinks there is a polyculture growing above it and avoid the problem of monoculture sickness.

## Step 1: Gather one species of plant material.

Multiple species confuse microbes during fermentation. Do not wash off plant material, shake off any excess dirt. If you are interested in ample growth hormones gather only the growing tips and do this at dawn before the morning dew evaporates.

## Step 2: Mix as if in a cement mixer with 1/3-1/2 the weight of the plant material of sugar

More sugar is needed if the material is sweeter and less if it is not sweet. Add sugar and stir to create enough osmotic pressure which is visible as the plants start to look like they are wilting/cooking, but not too much sugar to retard fermentation.

## Step 3: Pack tightly 2/3 into an appropriate vessel such as a jar or 5-35 gallon bucket.

## Step 4: Allow to ferment around room

**temperature for 3-4 days** or longer if the temperature is cooler. Smell will change from fresh plant material to sweeter "slight alcohol smell" or mold will develop on the surface when fermentation is complete.

## Step 5: Collect the liquid and supersaturate

for preservation by pouring off the liquid then adding sugar and stirring until a slight ring develops on the bottom of sugar settling out from over saturation.

**Store in a cool place** out of sunlight similar to wine or liquor for up to one year.



### Which plants to choose?

Want vegetative growth? Make food from tips of something that grows very vigorously. *Blackberry shoots*, lateral buds of squash, cucumber, clovers

Want to support the flowering stage? Make food from flowers or unripe fruits. *persimmons, figs, apples, crabapples*

Want a food for the fruiting stage? Make food from one or three types of fruit with the same recipe but increase the amount of sugar to equal weight because fruits are so sweet.

Want something that is general purpose? Make food from a dynamic accumulator. *Comfrey, weeds native in your area*, henbit, clover

Want to concentrate certain nutrients such as silica? Choose a plant that is high in that nutrient, such as horsetail for silica, then ferment that and use that extract!

Want to boost one particular plant? Make food from the same kind of plant!