**Lactobacillus**

**How to Make a Rice Wash**

1. Fill half of a mason jar with rice and fill the rest of the way with water.
2. Let this soak for about 15 minutes, then mix with your hands or a spoon. The water should become cloudy.
3. Strain the water into another jar, cover with a cloth or a loose lid. This now needs to sit for 4-7 days at room temperature.

The rice should separate into 3 different layers. The top layer is mold, the middle layer is lactobacillus and other bacteria and the bottom layer is starch and other byproducts of the process.

**Culturing Lactobacillus**

1. Transfer the middle layer into a new jar or container that is larger than the original.
2. This is because we will now mix the middle layer with 10 parts milk. Using milk ensures the lacto is the dominating bacteria. For example, 1 cup of rice serum needs 10 cups milk. A little Lactobacillus makes a lot so I never make any more than ½ a cup.
3. This will sit for about 7 days at room temperature. Cover with the lid but don’t seal it. There may be some bubbles during this process and overflow might occur.
4. After about a week it will have separated into 2 layers. The top will be a large curd consisting of carbohydrates, fats, and protein. The bottom layer will be a yellowish color and this is what we want.
5. You can either siphon the bottom layer out or scoop out the curds and strain the remaining liquid using a cloth. The curds are great for compost piles.
6. You can stop here and refrigerate the serum in a sealed jar and activated when needed.

**Activating Your Lactobacillus**

1. Mix at a 1:1 ratio with molasses. Stir until it is mixed together.
2. Seal that and keep it at room temps or store in the refrigerator for longer life.
3. This is further diluted when you want to use it. 1:1000 is normal. I use 1 part serum to 20 parts clean water, then use 1-2 tbsp per gallon of water. It makes a very dilute but effective mixture.