

How to Make Oriental Herbal Nutrient (OHN) for Regenerative Farming

A Step-by-Step Guide to Creating a Potent Natural Farm Input

Oriental Herbal Nutrient (OHN) is an essential tool for regenerative farming, celebrated for its ability to strengthen plant immunity, repel harmful pests, and enrich soil microbiology. OHN utilizes the medicinal qualities of select herbs to create a concentrated, bioactive solution, entirely natural and sustainable. Below, we will outline the process to make OHN, ensuring you have a powerful ally in your regenerative farming practices.

Ingredients and Tools Required

Before starting the OHN preparation, gather the following ingredients and tools:

- Herbs: Garlic, ginger, cinnamon bark, Angelica root, and liquorice root.
- Alcohol: High-proof vodka (used for extraction).
- Brown sugar: Organic and unrefined is preferred.
- Water: Clean, non-chlorinated water.
- Containers: Glass jars or bottles for fermentation and storage.
- Mortar and pestle: For crushing herbs (optional).
- Cheesecloth: For straining the solution.

Step-by-Step Instructions

Step 1: Prepare the Herbs

Begin by selecting fresh and high-quality herbs. Each herb used in OHN has distinct properties:

- Garlic: Antimicrobial and pest-repelling qualities.
- Ginger: Improves circulation within the plant and soil microbiome.
- Cinnamon bark: Rich in antioxidants and anti-fungal properties.
- Angelica root: Balances microbial communities and provides natural hormonal support.
- Liquorice root: Acts as a harmonizer and is rich in nutrients.

Rinse the herbs thoroughly to remove any dirt or debris.

Step 2: Chop and Crush

Chop the herbs into small pieces to maximize surface area for extraction. For garlic and ginger, use a mortar and pestle to lightly crush them and release their oils.

Step 3: Mix with Alcohol

In separate glass jars, place each herb and cover it with high-proof alcohol. Ensure the herbs are fully submerged to prevent spoilage. The alcohol acts as a solvent, extracting bioactive compounds from the herbs. Seal the jars tightly and store them in a cool, dark place for 2 weeks. Shake the jars every day to ensure even extraction.

Step 4: Add Brown Sugar

After the alcohol extraction process, strain the solution using cheesecloth to separate the liquid from the herb residues. For each jar, mix the extracted liquid with an equal weight of brown sugar. Stir until the sugar is completely dissolved. The sugar stabilizes the solution and aids fermentation.

Step 5: Ferment

Leave the mixture to ferment for another week. During this period, beneficial microorganisms will further enhance the bioactivity of the solution. Ensure the jars are loosely covered to allow gases to escape.

Step 6: Combine and Store

After fermentation, combine the individual herbal solutions into one jar, creating the complete OHN. Store this final product in a glass container in a cool, dark place. Properly stored, OHN can last for months, even years.

Application of OHN

OHN is highly concentrated and must be diluted before use. Mix 1-2 ml of OHN per litre of water for foliar sprays or soil drenching. The frequency of application will depend on your farming needs:

- Apply weekly to boost plant immunity and microbial health.
- Use during pre-planting to enhance soil preparation.
- Apply after heavy rains or pest infestations for recovery.

Benefits of OHN in Regenerative Farming

- **Strengthens Plants:** The bioactive compounds in OHN fortify plants against diseases and pests.
- **Supports Soil Health:** Stimulates beneficial microbial activity, enhancing nutrient cycling and soil fertility.
- **Natural Pest Control:** Repels harmful insects with its potent herbal extracts.
- **Sustainability:** Reduces reliance on synthetic chemicals, contributing to a healthier ecosystem.

Tips for Successful OHN Preparation

- Always use fresh, organic herbs for the best results.
- Maintain cleanliness to prevent contamination during the preparation process.
- Label your jars clearly with the date and type of herb used.
- Experiment with additional herbs to customize OHN for specific farm needs.

Conclusion

Making OHN is a rewarding process that aligns perfectly with the principles of regenerative farming. By harnessing the power of nature's herbs, you can cultivate robust plants, improve soil health, and contribute to sustainable agriculture. With patience and care, your homemade OHN will serve as a vital resource in creating a thriving, resilient farm ecosystem.