

# Composting 101

## WHAT IS COMPOSTING?

Composting is a way to turn your food waste into nutrient rich soil that you can use to help grow your flowers or garden.

It is the process which speeds up the natural decay of organic material that can be found in many different foods and natural items.

## How to Compost

### 1. CHOOSE THE LOCATION

Find a location that has summer shade and drains well. Do not plant in a spot that floods or gathers water regularly.

### 2. ADD THE INGREDIENTS

Add ingredients that are rich in carbine (brown material) and rich in nitrogen (green material). You can add a bit of soil to the mix.

### 3. WATER YOUR COMPOST

Add water regularly to keep the pile moist. Do not add too much water or it becomes a soggy mess and won't break down properly.

### 4. STIR AND FEED GARDEN

Stir regularly until the mix becomes dry, brown and crumbly. Once it's ready, you can use it to fertilize and help your garden.

# What To Compost

Vegetable Scraps

Droppings from animals that  
eat plants

Coffee Grounds

Tea Bags

Fruit Scraps

Grass Clippings

Green Plants

Fresh Leaves & Flowers

Stale Bread

Shredded Newspaper

Twigs & Wood Clippings

Straw & Hay

Cardboard/Paper Bags

Egg Shells

Nutshells

Fall Leaves

Corn Cobs

# What Not To Compost

Weeds with Seeds

Chemicals

Fat

Dairy

Pet Feces

Magazine Paper

Fish & Meats

Personal Hygiene Items

Diseased Plants

Oils, Grease, or Fats

Glossy Paper

Bones