

COMPOSTING

THE WHAT, HOW AND WHY



What:

Composting is nature's way of recycling organic waste from your yard and kitchen by breaking it down into soil-enriching humus.

You can compost many things, but generally fruit and vegetable scraps, grass clippings, leaves, coffee grounds and filters, tea and tea bags, paper, newspaper, shredded cardboard, egg shells, saw dust, and wood ash yields the best results.

Why:

Compost helps strengthen soil's ability to retain water, meaning plants don't need to be watered as frequently. Compost can help restore topsoil and build stable soil structure by suppling soil with nutrients like phosphorus and nitrogen. Composting helps divert materials from going into landfills, minimizing the amount of greenhouse emissions released into the atmosphere and lengthening the capacity of landfills.





How:

Choose a place: Ideal compost area is a dry, shady spot near a water source, with dimensions of 3' x 3' x 3'.

Add the ingredients: The ingredients are those rich in carbon (brown materials) and those rich in nitrogen (green materials). Make sure large materials are chopped or shredded.

Add water as needed: Make sure the pile stays moist, but not too wet (it should feel like a damp sponge).

Keep things moving! Turn your compost mixture to add air to the mix. This helps speed up the composting process.

Wait a while... When the compost no longer gives off heat and becomes dry, brown, and crumbly, it's fully cooked and ready to be fed to the garden!

