

## Composting Benefits

**Soil conditioner:** With compost, you are creating rich humus for lawn and garden. This adds nutrients to your plants and helps retain moisture in the soil.

**Recycles kitchen and yard waste:** Composting can divert as much as 30% of household waste away from the garbage can.

**Introduces beneficial organisms to the soil:** Microscopic organisms in compost help aerate the soil, break down organic material for plant use and ward off plant disease.

**Good for the environment:** Composting offers a natural alternative to chemical fertilizers.

**Reduces landfill waste:** Most landfills in North America are quickly filling up; many have already closed down. One-third of landfill waste is made up of compostable materials.

## What to Compost

Material	Carbon/Nitrogen	Info
table scraps	Nitrogen	add with dry carbon items
fruit & vegetable scraps	Nitrogen	add with dry carbon items
eggshells	neutral	best when crushed
leaves	Carbon	leaves break down faster when shredded
grass clippings	Nitrogen	add in thin layers so they don't mat into clumps
garden plants	--	use disease-free plants only
lawn & garden weeds	Nitrogen	only use weeds which have not gone to seed
shrub prunings	Carbon	woody prunings are slow to break down
straw or hay	Carbon	straw is best; hay (with seeds) is less ideal
green comfrey leaves	Nitrogen	excellent compost 'activator'
pine needles	Carbon	acidic; use in moderate amounts
flowers, cuttings	Nitrogen	chop up any long woody stems
wood ash	Carbon	only use ash from clean materials; sprinkle lightly
chicken manure	Nitrogen	excellent compost 'activator'
coffee grounds	Nitrogen	filters may also be included
tea leaves	Nitrogen	loose or in bags
newspaper	Carbon	avoid using glossy paper and colored inks
shredded paper	Carbon	avoid using glossy paper and colored inks
cardboard	Carbon	shred material to avoid matting
corn cobs, stalks	Carbon	slow to decompose; best if chopped up
dryer lint	Carbon	best if from natural fibers
sawdust pellets	Carbon	high carbon levels; add in layers to avoid clumping
wood chips / pellets	Carbon	high carbon levels; use sparingly

**NO MEAT OR PET WASTE!**