

COMPOSTING

Turn kitchen scraps into compost instead of placing them in the rubbish bin where it will end up in landfill.

Compost is a process of breaking down organic matter by bacteria and fungi. It is important to place your compost heap or bin on soil, not on cement, so worms can enter the compost heap.

Five easy steps to making compost...

1. Make a compost bin out of recycled materials, for example using old chicken wire or discarded wooden pallets to form the sides of the compost bin.
2. Build the compost in layers of nitrogen and carbon materials, about 1/3 of the materials should be carbon.
3. Add water to each layer to moisten the materials.
4. To enable the heat to build up aim to have about a one cubic metre heap at the end of the layering process.
5. Turn the heap using a pitchfork every couple of days to speed up the composting process.

High nitrogen Quick to rot	Intermediate	High carbon Slow to rot
Comfrey Leaves	Fruit & vegetable scraps	Old straw
Lawn clippings	Bracken	Tough vegetable stems
Poultry manure	Rhubarb leaves	Herbaceous stems
Young weeds & plants	Tea & coffee grounds	Old bedding plants
Nettles	Tea bags	Autumn leaves
Cow manure	Vegetable plant remains	Woody pruning's
Horse manure	Strawy animal manures	Hedge clippings
Borage leaves	Cut flowers	Newspaper
Seaweed tea	Soft hedge clippings	Shredded office paper

*Do not add the following items to a compost heap

- Meat and dairy products (may attract vermin)
- Diseased plants (will infect the compost)
- Metals, plastic, glass
- Dog and cat manures which have been wormed
- Cooking Fat & Bones
- Magazines (no glossy paper)
- Large branches
- Weeds that have seeds or underground stems
- Bread or cake (may attract mice)
- Sawdust from treated timber (eg.treated pine)



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