

# A beginners guide to composting



“ Composting can reduce the amount of waste that goes to landfill. Organic waste that goes to landfill creates methane & other greenhouse gases and these contribute to climate change. If we compost our waste instead, it produces very little methane.

” Heidi

## How to get started

Try to find a level, well-drained, reasonably sunny spot for your compost bin. It is best if your bin is sat on bare soil - this makes it is easy for worms, insects and beneficial microbes to get into the material and helps aeration and drainage. Once you've put your bin in a good spot you can start to fill it.

- Add a good mix of green and brown material.
- Try to mix/turn the contents of your bin every few weeks. This adds air which encourages aerobic bacteria and speeds up decomposition. The more often you turn it the quicker the compost will be ready to use.
- When the compost is ready to use there will be a dark brown/black soil-like layer at the bottom of your bin.
- It can take a year or so to produce compost, depending on the material you add and how often you turn it but don't lose heart, it will be worth it!

### Do Compost



Fruit & Veg scraps  
Eggshells  
Grass & Plants  
Dried leaves  
Shredded blank paper  
Newspaper  
Cardboard

### Don't Compost



Meats, fats, oils or grease  
Dairy products  
Onion skins or orange peel  
Diseased plants

## 5 reasons why you should compost!

1. Once you've got a bin it's free to do.
2. Your garden plants will love you for it!
3. It's organic and chemical-free.
4. You can see the complete cycle of things breaking down and turning into something useful.
5. It's great for the environment and a great way to make a difference!

## Did you know?

Composting at home for 1 year can save global warming gases equivalent to all the carbon dioxide (CO2) your kettle produces annually or your washing machine in 3 months (recyclenow.com).

