



Composting is Good for Your Garden & the Environment

Why Compost?

Composting:

- Saves water by helping the soil hold moisture and reduce water runoff
- Benefits the environment by recycling organic resources while conserving land fill space
- Reduces the need for commercial soil conditioners and fertilizers

Compost:

- Adds nutrients and beneficial microbes, holds water, and improves plant growth
- Provides a supplemental amount of slow release nutrients
- Increases soil organic matter
- Encourages healthy root structure
- Lightens clay soils and helps sandy soils hold water
- Attracts and feeds earthworms and other beneficial soil microorganisms
- Helps balance pH (acidity/alkalinity)
- Helps control soil erosion
- Helps protect plants from drought and freezes
- Decreases use of petrochemical fertilizers
- Moderates soil temperature and reduces weeds when used as a mulch

Ways to Use Compost

Different composts have different properties, and vary in their suitability for various uses. Compost can be used as mulch, top dressing, soil amendment, or as an organic fertilizer.

- Mix it into flower bed and vegetable garden planting areas to improve soil properties. Before planting, mix a 3 to 4 inch layer of compost into newly reclaimed or poor soils. Mix a ½ to 3 inch layer of compost into annual garden beds at least once a year. Do not plant trees in small holes filled with compost, as this could cause root restriction.
- Spread a 1 to 4 inch layer of coarse compost around flowers, shrubs, trees, and vegetables as a mulch. Composts with larger particle size are generally better for mulches.

- Apply and maintain a 3-inch layer of coarse compost around trees and shrubs, keeping it at least a foot away from tree trunks.
- Top dress your lawn by evenly spreading 1/8 – 1/2 inch layer of compost over established grass (high end only for cool-season species such as tall fescue that are not mowed as short as warm-season grasses).
- Use compost in potting mixes for indoor and outdoor plants. Sprinkle a thin layer of compost around houseplants. Make a potting soil by mixing one part compost with one part sand, 1 part ground bark, and one part peat moss.
- If you don't have a garden — use it with house plants, give it to a friend, or donate it to a community garden.

How to Compost

There are several methods of composting. Talk with your local master gardener to learn:

- which method will work best for the time, energy, and materials you have to devote to the process
- which method will give you the amount of compost you need and in the time you need it
- the details for successfully using the method that best suits you and your gardening needs

Composting Basics

1. Chop materials ½ to 1½ inches for rapid composting.
2. Mix equal volumes of carbon-rich dry brown and nitrogen-rich green plant materials.
3. Keep compost about as moist as a wrung out sponge.
4. Turn every few days to fluff the pile so air can penetrate.
5. A hot pile composts quickly, a cool pile takes much longer.
6. Finished compost should smell earthy, never rancid.



Do Compost

Browns

- most sawdust
- chopped woody prunings
- pine needles
- fallen/dried leaves
- dried grass
- straw
- shredded paper
- shredded cardboard
- shredded newspaper
- old potting mix

Greens

- tea bags
- citrus rinds
- coffee grounds
- coffee filters
- shrub & grass clippings
- fruit waste
- vegetable waste
- wilted flowers
- young weeds

Do NOT Compost

- dirt/soil
- ashes from a stove, fireplace, or barbecue
- animal products: meat; bones; fish; grease/fat
- dairy products
- sawdust from plywood/treated wood
- diseased plants
- seed-bearing weeds, e.g., Bermuda grass, ivy, oxalis bulbs, burr clover
- manure or human waste*

* **Note:** Adding manure to compost piles from any animal should be avoided because there is a potential risk of disease-producing bacterial contamination that may be harmful to humans. Commercial composting operations effectively control pathogens. Backyard

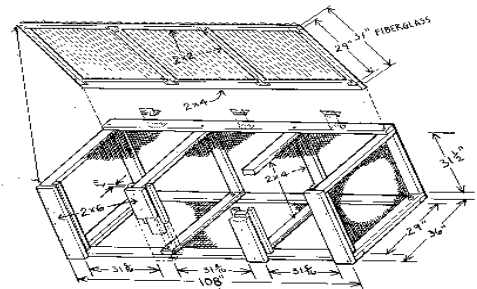
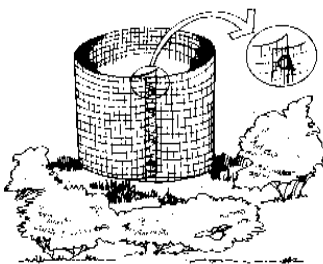
piles may not, because they are smaller and may not maintain sufficient heat.

Compost is generated when organic matter is consumed and decomposed by microorganisms under favorable environmental conditions. Key management factors for the compost process include maintaining a good nutrient balance, correct moisture content and temperatures, and adequate aeration. Composting is a managed process for accelerating the decomposition of organic matter while improving its characteristics.

The majority of compost formation should occur when temperatures are in the 100-150°F range. At these temperatures the rate of organic matter decomposition is maximized and indicator species of pathogens are reduced to non-detectable levels. The Environmental Protection Agency (EPA) has found that decomposing organic matter in aerated static piles exposed to 131°F for 3 days is enough to eliminate parasites, fecal bacteria, and plant pathogens as well as inactivate most weed seeds. However, piles need to be turned 5 times and maintained at 131°F for 3 consecutive days between turnings. Turning the pile regularly to allow cooler surface zones to mix with hot center areas is recommended to maintain 131°F.

INSTRUCTIONS FOR BUILDING YOUR OWN COMPOST AND WORM BINS CAN BE FOUND AT:

<http://www.stopwaste.org/home/index.asp?page=445>



MANY DIFFERENT COMMERCIAL COMPOST AND WORM BINS ARE AVAILABLE ONLINE.