



## RECIPE FOR GREAT COMPOST

### NITROGEN + CARBON

Add roughly equal amounts of **high-nitrogen items** (ex: freshly cut leaves & grass, kitchen scraps) and **carbon-rich materials** (ex: dried fall leaves, plant material, shredded paper).

### COLLECT

Combine your mixture in a pile or pre-made compost bin or tumbler. Add some water and mix.

### AIR + WATER + TIME

Make sure your mixture has enough air and water. Mix occasionally and allow to decompose for 6-12 months.



## QUICK GUIDE

### DO'S

- Fruits & veggies
- Egg shells
- Rice & grains
- Cardboard
- Newspaper
- Grass clippings
- Dry leaves
- Coffee grounds
- Tea bags
- Nut shells



### DON'TS

- Non-food
- Meat & Fish
- Dairy
- Metals & Plastic
- Glass
- Styrofoam
- Meat bones
- Charcoal
- Fat, oils, grease
- Pet waste



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## COMPOSTING BASICS



LET'S GROW  
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# BENEFITS

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- Reduces landfill waste.
- Reduces the need for synthetic fertilizers.
- Creates nutrient-rich soil.
- Allows for less watering by strengthening your soil's ability to retain water.
- Returns carbon to the earth and protects our climate.
- Helps to grow nutritious food for better health.



# WHAT IS COMPOSTING & TROUBLESHOOTING

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Composting is the natural process of recycling organic matter, such as leaves and food scraps, into a valuable fertilizer that can enrich soil and plants.

- Maintain a temperature of 130°-150°. Increase it by adding more green materials and decrease by adding brown materials, turning the mixture, or adding moisture if necessary.
- Keep vermin away by not composting meat products or processed foods. Keep your bin enclosed or your pile covered with a layer of "browns". Turn it often.
- Compost is ready when it is dark brown, crumbly, and smells of fresh-turned earth. Use a screen to sift usable compost from contents that are still decomposing.

# TYPES OF BINS

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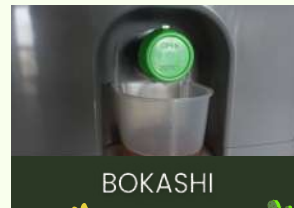
BIN OR TUMBLER



WORM BIN



OPEN PILE OR BURYING



BOKASHI



# GOT WORMS?

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Worm composting is a simple, natural method for converting fruit and vegetable scraps into rich nutrients. All you need is a container filled with moistened bedding, worms, and food scraps. The worms, with help from micro-organisms, convert the bedding and food waste into compost within a few weeks.

1. Use a plastic box with a tight-fitting lid with plenty of air vents or purchase a worm compost bin.
2. Add bedding (coconut fibre or shredded newspaper) and then add ½ - 1 pound of red worms (Wigglers or Tiger are great).
3. Keep the worm bin warm, but not hot, and keep it out of direct sunlight. Keep bedding moist, but not wet.
5. Use crushed egg shells or ground limestone to keep the pH neutral (around 7.0).
6. Feed one end of the bin for two weeks, then harvest your worm compost from the other end.

Worms love to feed on: 1/2"-1" scraps of fruits veggies, cereal, oatmeal, raisins, bran, corn meal, eggs, grits, bread, and a bit of coffee grounds.

Worm tea (liquid that is produced during the composting process) is an excellent organic fertilizer and contains many essential minerals and nutrients that plants need in order to grow.

