



Quick and Easy Tips for Composting

Organic material contributes up to 30% of waste we send to landfill

1. Basic information about composting

Composting is the natural decomposition of kitchen and garden waste which produces an earthy substance that provides valuable nutrients when added to soil and helps retain precious water.

2. What we can Compost?

Kitchen Waste: Fruit and vegetable peels/rinds, tea bags, coffee grounds, eggshells and similar materials are great stuff to compost. They provide high nitrogen content, which is excellent for plants.

Other Organic Waste: Grass, leaves, pine needles, hay, newspaper, and saw dust are fine too but no meat or bones please. If you live by the ocean, sea weed is excellent for compost too.

3. What are different compost methods?

Back Yard Compost: Composting is performed by bacteria, fungi, worms and many other small organisms. In nature, decomposition is the end of the life cycle for all living things – plants, animals, insects, and bacteria – they decompose and are returned to the Earth.

Vermi-composting: or worm composting, is an easy process that requires only a few simple components -- some worms (red wigglers are best), a ventilated bin, ink-free bedding and food for your worms. This is excellent for apartment dwellers that do not have space for backyard composting.

Digester: Digesters are the easiest way to compost kitchen waste like breads, dairy and processed foods. Since these food scraps often attract rodents, the enclosed, half-buried digester keeps rodents out of your compost and away from your home.

Hot composting: This is the most intensive method, rapidly decomposing materials at high temperatures.

4. How to start a community compost project?

a. Equipment and supplies (see compost guides for more information on materials)

- 1) Compost bins
- 2) Wheelbarrows (optional)
- 3) Worm bins
- 4) Digesters
- 5) Tarps
- 6) Shovels

b. Services for collecting composted waste

- 1) A regular bin collection service is helpful for small community compost programs.
- 2) Collection sites where residents can bring composted waste are helpful too.
- 3) On-site composting is most effective and essential.

5. How to choose suitable compost method and how many people are needed?

For home use either worm or small bin composting is recommended. For community projects hold workshops to build awareness and recruit enough people for successful neighbourhood initiatives. Programs serving multiple households need regular maintenance and collection.

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