

COMPOSTING
FROM HOME
WITH SUSTAINABLE
LANDSCAPES LA

The text is rendered in a bold, hand-drawn, black-and-white style. The word 'COMPOSTING' is at the top in a rounded, bubbly font. Below it, 'FROM' is in a smaller, more angular font, followed by 'HOME' in a very large, thick, rounded font. Underneath 'HOME', the words 'WITH SUSTAINABLE' and 'LANDSCAPES LA' are stacked in a simple, blocky font. To the left of the word 'HOME' is a hand-drawn illustration of a carrot. Between 'FROM' and 'HOME' is a drawing of a butterfly. To the right of 'HOME' is a drawing of a plant with a long stem and a seed pod at the top.



WHAT IS COMPOSTING: the ultimate plant food



Composting is the process of recycling various organic materials.

The end product of this decomposition is called **h u m u s**. The most beneficial, nutrient rich organic matter for your garden.

When compost is added to your garden, it allows for more air and water to permeate the soil, bringing nutrients to your plants.



- Anything that came from the Earth originally in some plant form is biodegradable •



Greens (nitrogen) ~ Vegetable scraps, fruit waste, stale/moldy bread, flowers, plant trimmings, coffee grounds and filter paper, tea bags

Browns (carbon) ~ Leaves, twigs, nut shells, egg shells, corn cobs/stalks, corrugated cardboard, cotton threads, paper towel rolls, shredded paper & newspaper

Moisture ~ Moist, not wet. Do not pour water into your compost

Oxygen ~ "Study nature, love nature, stay close to nature. It will never fail you." - Frank Lloyd Wright



Meat, fish, poultry, bones, milk products, oil/grease, weeds, dog & cat waste, chemically treated plants & grass. Limiting these items to your compost will prevent odor, pests and disease.

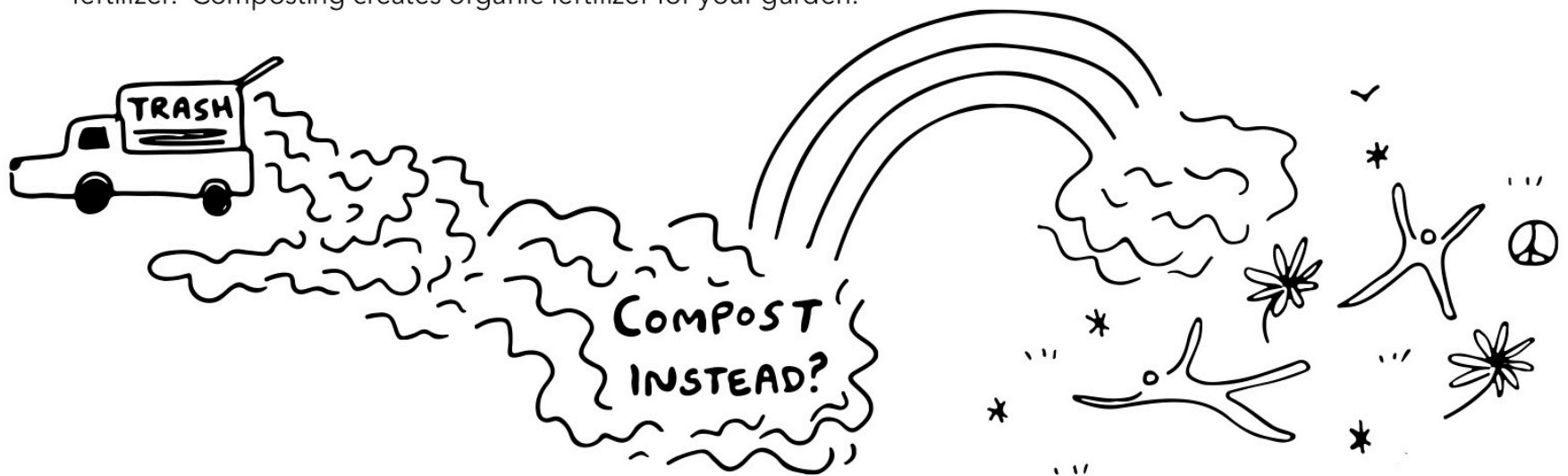


WHY COMPOSTING: the sustainable method of organic gardening

Composting is beneficial for the environment: reduces the volume of garbage picked up, transported, sorted and buried, reduces greenhouse methane gas emissions and reduces your carbon footprint!

Compost is more than fertilizer, it's a symbol of continuing life.

You are what you eat. If you're planting an organic vegetable or herb garden, you should not use chemical pesticides or fertilizer. Composting creates organic fertilizer for your garden.



HOW TO COMPOST: outdoor & indoor systems

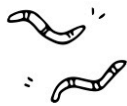
Outdoor - There are several methods of outdoor composting. You can buy a compost bin, or cordon off a designated space in your backyard*. Compost bins are available to purchase online or at your local nursery/hardware store.

• This is how you compost for both methods: •

- Collect greens and browns from your garden and kitchen
- Add a ratio of 2:1, greens to brown, into your compost bin
- Feed your compost as you collect green and brown waste
- Mix and tumble organic matter once a week
- Add more **g r e e n s** if you're not seeing any progress after three weeks
- Add more **b r o w n s** if your bin is starting to smell or too damp, start turning twice a week
- Break down any larger brown materials

*If you are not going to use a bin, the decomposition process will be slower, and you will probably attract pests.





Indoor/patio/balcony - Vermicomposting, a.k.a worm composting, is the process of using earthworms to decompose your food waste. The worm castings (worm poop) can be used as fertilizer in gardens and raised beds. Two stackable worm bins that I recommend: The Maze Worm Farm Composter and Worm Composting Farm by Generic.



To start Vermicomposting:

- Begin collecting your kitchen waste before the arrival of your bin. Keep scraps in a reusable container and place in the fridge
- Where to find worms: your local nursery, after it rains or through findworms.com
- The bin must be placed in a cool, sheltered spot where the ideal temperature is 60-70°
- Once bin is placed, add a layer of shredded newspaper (black and white) inside the top tray
- Put your worms and food scraps on top of the newspaper, then cover with another layer of newspaper
- Feed worms everyday by lifting up the newspaper and gently setting your waste in the middle of the tray
- Keep damp, not soggy. Do not pour water into your bin and protect from rain.



- If the bin is too **w e t**, add more newspaper and dry leaves
- If the bin is too **d r y**, feed the worms more fruit scraps
- Over the next few months, you'll notice worm castings on the bottom tray
- The castings are ready to be transported to your soil
- The worms at the bottom of your stackable bin system will make their way to the top as you continue to add more kitchen waste and newspaper bedding

