

composting



CPR for the Earth

Create nutrient rich alive soil for your garden for FREE

Prevent avoidable green waste going to landfill (reducing methane and leachate)

Recycle food scraps – food scraps and green waste are valuable resources.

Compost Ingredients – Organic matter (equal amounts of carbon & nitrogen), water, oxygen

Carbon / Brown / Dry

- Newspaper, cardboard (e.g. egg cartons, pizza boxes)
- Straw/mulch (pea, lucerne, sugar cane)
- Dry leaves and small twigs
- Dead flowers, old prunings
- Wood ash, sawdust (untreated timber)
- Dried grass clippings
- Peanut shells

Nitrogen / Green / Wet

- Fresh grass clippings
- Fruit and vegie scraps
- Green leaves, fresh prunings
- Coffee grounds and tea bags
- Animal manures
- Fresh weeds (not bulbs or seed heads)
- Human and animal hair

Avoid meat and dairy products, human and pet faeces, eucalyptus leaves (high oil content), plastic, large wood pieces, grease or oil, bones and carcasses, pesticide treated plant waste, excess citrus

ADAM

Aliveness – When you create compost you are creating an ecosystem loaded with critters!

Diversity – Mix in a variety of ingredients – variety (diversity) is the spice of life!

Aeration – Aerate your compost regularly with an aerating tool

Moisture – All living things need water, not too wet or dry (like a wrung out sponge).

Compost Problem Solver – below are common problems people have with their compost

SMELLY

Increase aeration by:

- Mixing the heap more regularly
- Adding more coarse/dry materials

NOT HEATING UP SLOW TO BREAK DOWN

- Add more nitrogen materials—manures, fresh grass clippings, blood & bone etc.
- Check moisture level – (dry heaps don't heat up), add more water when mixing
- Mix the heap more regularly with your aerator

ATTRACTING VERMIN

- Put small mesh chicken wire on the ground under the compost bin
- Always keep the lid on, always finish with carbon/dry materials
- Mix the heap more regularly (vermin do not like disturbance)
- Keep the compost moist (vermin don't like a damp environment)
- Do not add meat or dairy products to your compost.

ANTS

- Keep the compost moist (ants don't like a damp environment)

FRUIT FLY

- Finish with a layer of dry materials (or hessian) after adding moist materials

worm farming



What worms need:

Worms are easy to please and only need a few things to keep them happy:

A home - Your worm farm and;

Food - Your food scraps, add once a week to start. Add a thin layer and check at least weekly. Add new food scraps when the previous layer is almost digested. Initially digestion is slow but as the worm population increases you will likely feed your worm farm once a week.

Worm farm ingredients & tips

DO'S	DON'TS
<ul style="list-style-type: none"> • Leafy vegetables and stalks • Vegetable and fruit peel and cores • Cooked grains and pasta • Soft leaves • Vacuum dust • Coffee grinds, tea leaves/bags (paper tag removed) • Egg shells (crushed) • Shredded non-glossy paper • Straw • Mix the worm farm every now and then, worms need oxygen and mixing will stop compaction • Keep worms in a cool shady spot • Check moisture levels – too much dryness & worms won't survive, too much moisture or rain can drown worms • Chop food in to small sizes for easier digestion • Dilute worm juice at a ratio of 1:10 	<ul style="list-style-type: none"> • Citrus • Dairy • Meat • Onions and garlic • Oil • Vinegar • Pineapple • Uncooked grains and pasta • Animal poo (for hygiene) • Leaves – tough high oil leaves such as eucalypts and pine needles • Overfeed - refresh food supplies when they're running low, if worm numbers are dwindling it could be that more food is needed • Keep feeding food that you notice is usually left to rot – your worms aren't enjoying these!

Worm Farming Problem Solver – below are common problems people have with their worm farm

Condition	Symptoms	Remedies
Moisture levels Too wet (common)	Unpleasant odours	Tear up dry newspaper or egg cartons and bury them into the bedding. There is not enough oxygen in the farm, causing a smelly anaerobic process.
Moisture levels Too dry	Slow break down Attracting many ants	Spray the bedding layer to keep it moist. Keep a wet newspaper or hessian layer on the top of the bedding layer and remove farm from sunlight. Place legs of the farm in small buckets/trays of water or put Vaseline around the base of the farm.
Moisture levels Just right	No smells, no unwanted visitors	If the farm is located outdoors, excess rain may enter and if the farm is located indoors, it may dry out!
pH Levels too acidic (common)	Vinegar flies or sour smells	Stop feeding the worms fruit and coffee grinds for at least 1 week. Sprinkle approx. 2 tbsps. of garden lime or wood ash on the food layer and spray with water.
pH Levels too alkaline (rare)	Excessive lime	Add more fruit
pH Levels just right	No flies, unwanted visitors or rotting food, worms eating well	Feed the worms a variety of food. Like humans, worms need a balanced diet.