

Recipe for a Good Compost!

A good compost will provide welcomed nutrients for your garden beds but also help reduce methane emissions, which will be welcomed by the planet.

To make a good compost, follow the recipe below:

Ingredients:

- ✓ Vegetable scraps
- ✓ Fruit scraps
- ✓ Coffee grounds
- ✓ Eggshells
- ✓ Plant clippings
- ✓ Grass cuttings
- ✓ Tea leaves and tea bags
- ✓ Soft stems

Method:

1. Select your composting bin (any will do).
2. Cut up your ingredients (this will help them break down faster).
3. Add your ingredients to your composting bin.
4. Spread soil over the top (or already composted material). This contains microorganisms and other animals, like worms, which do the heavy lifting of breaking down the ingredients.
5. If your compost becomes too wet, add some straw or sawdust. If it becomes too dry, add some water.
6. Allow your compost to “bake” (desired temperature between 32°C to 60°C should be reached within 4-5 days). Stirring your compost will speed the process up. If stirred weekly, your compost will be garden ready in 1 to 2 months.
7. The compost should look like dark soil mix and will have a beautiful “earthy” smell.

Add your compost to your garden beds and potted plants. Make sure that you smile and take pride knowing that you are helping to reduce the methane being produced by Australians from food scraps ending up in landfill. It's estimated that current levels of methane produced in Australian landfill is equivalent to 6.8 million tonnes of carbon dioxide.



Composting is just like baking: Add your ingredients, stir & bake!