



COMPOSTING DO's and DON'T's INFORMATION SHEET

Things that can be composted

Compost Materials	Rich in Carbon or Nitrogen	More Details
Algae and seaweed	Nitrogen	Good source of nutrients and minerals
Apple pomace (cider press waste)	Nitrogen	If dried use as a carbon
Ashes (wood, not coal)	Neutral	Use only wood ashes since coal ashes can be toxic to plants.
Banana peel	Nitrogen	Shredding or chopping it up will help break it down quicker
Beverages, kitchen rinse water	Neutral	Help keep the pile moist, but not too much
Cardboard	Carbon	Shred into small pieces in pile.
Cat litter (unused!)	Carbon	Absolutely unused
Clover	Nitrogen	It is abundant
Coffee grounds (and filters)	Nitrogen	Great source of nitrogen and worms love coffee grounds. The filter will break down so add it too

Dog food	Nitrogen	Not meat-based dog food
Egg shells	Neutral	These break down slowly, so make sure to crush these before adding
Feathers	Nitrogen	Slow to break down, shred to speed up process
Flowers	Nitrogen	Green as nitrogen source, Dried as carbon source
Fruit peels (not limes)	Nitrogen	Best if you cut them into small pieces
Green Grass clippings	Nitrogen	When green
Dried Grass clippings	Carbon	Mix with dry leaves for best results
Hair	Nitrogen	Good source of nitrogen. Make sure you scatter, so it doesn't clump
Hay	Nitrogen	The best kind is hay that is not suitable for livestock and is starting to decay on its own. Make sure it is dry and weathered.
Hedge Clippings	Carbon	Shredding or chopping it up will help it break down quicker
Hops (brewery waste)	Carbon	When dried and shredded
Seaweed	Carbon	Good source of potassium (perfect for growing potatoes). Use sparingly or sprinkle in to get your pile cooking
Leather (leather waste)	Nitrogen	Shredding or chopping it up will help it break down quicker

Leaves	Carbon	
Manure from herbivores (cow, horse, pig, sheep, chicken, rabbit)	Nitrogen	
Newspaper	Carbon	Shredding or chopping will help it break down quicker
Nut shells	Carbon	Chopping will help them to break down quicker
Oak leaves	Carbon	Shredding or chopping will help leaves break down quicker
Oat straw	Carbon	Shredding or chopping will help it break down quicker
Sawdust and wood shavings	Carbon	Preferably not from kiln-dried wood
Paper	Carbon	Shredding will help it break down quicker
Peanut hulls	Carbon	Chopping will help them break down quicker
Peat moss	Carbon	Great to add to your garden soil directly too
Pine needles and cones	Carbon	Shredding will help them break down quicker
Tea leaves	Carbon	Not the bags as they often contain plastic
Vegetable peels and scraps	Nitrogen	Kitchen scraps are a great source of nitrogen

Vetch	Carbon	From the pea family
Weeds	Carbon	Do not add if your concerned about spreading the seeds
Wheat straw	Carbon	Best if shredded to help it break down quicker

Things you should NOT compost!

Materials	Details
Ashes (coal or charcoal)	May contain materials that are toxic to plants
Cat droppings/litter	These may contain disease organisms and should always be avoided
Coloured paper	
Dog droppings	Same as cats
Lime	High alkaline pH can kill composting action
Meat, fat, grease, oils, bones	Do not break down and can attract pests
Nonbiodegradable materials	
Toxic materials	