WHAT IS COMPOSTING?

Composting is the natural process of breaking down organic waste material into rich and fertile soil. It is sometimes described as nature’s way of recycling.

**Enhances Soil**
Composting reduces the need for chemical fertilizers, increases nutrient and water retention, improves aeration and adds beneficial organisms to your soil.

**Reduces Waste**
Approximately 60% of total waste produced by Jamaicans is organic. If we all composted, the savings in both amount of material sent to the dump, and the cost to get it there, would be significant.

**What to Compost**
- **GREENS**
  - Provides nitrogen and acts as a source of protein for the microbes that are hard at work in your compost pile
  - Raw fruit and vegetable peelings
  - Coffee grounds
  - Houseplant cuttings
  - Fresh grass clippings

- **BROWNS**
  - A source of carbon and are a source of energy for the microbes
  - Dried grass
  - Woodchips
  - Sawdust
  - Shredded newspaper
  - Twigs and branches
  - Corn cobs and husks

**What Not to Compost**
- Meat/Fish and Bones
- Dairy Products
- Sauces
- Oils and Fats
- Diseased Plants
How to Compost

1. Find a cool and shady spot for your compost heap.

2. Dig a hole (about 3 feet) and place a bottomless bucket in the hole.

3. Start with a layer of kitchen and yard wastes. Then, add a layer of soil.

4. Repeat Step 3 approximately two to three times.

5. Add water on the pile periodically to keep it slightly moist.

6. Turn the pile every 2-3 weeks for air circulation.

7. Allow 8-10 weeks for nature to take its course.

8. Apply the compost at the roots of your flowers, trees and vegetables.

If you don’t have space, composting can be as simple as throwing your kitchen scraps at the root of a tree.