

Composting 101 Workshop

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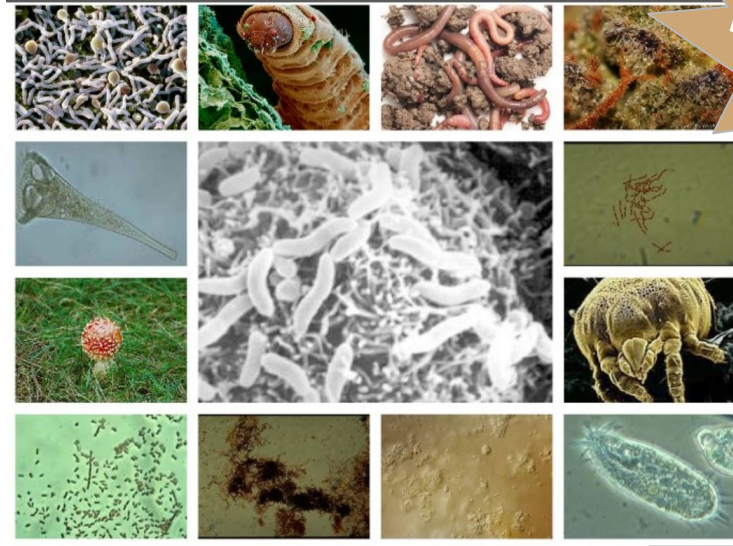


What Is Composting

A form of waste disposal where organic waste decomposes naturally under oxygen-rich conditions.

The Perfect Environment:

- Microorganisms
- Warm temperatures
- Nutrients
- Moisture
- Plenty of oxygen.



Microorganisms are vital to the composting process!

Why Compost?

- 1. Composting reduces landfill waste and incineration, and therefore emissions.**
- 2. Composting Helps You to Embrace the Natural Cycle of Life and Decay. (waste is a human concept)**
- 3. It is FREE.**
- 4. Free dirt for a garden (because dirt can be expensive!)**
- 5. Reduce food waste.**
- 6. Reduces trash volume.**

Things to Consider:

- **Location**
- **Space**
- **Amount of scraps**



Different Methods: Vermicomposting



What it is :

- Process where worms recycle food scraps and other compostable items into compost.
- Rich with nutrients in the form of worm castings/

Benefits:

- Faster Results
 - Can be ready in as little as 2-4 weeks!
- Can be done in doors
- More nutrient rich
- Byproduct known as “worm tea” is used as a high-quality liquid fertilizer for houseplants or gardens.

Drawbacks:

- Certain scraps worms can not eat
- Can be sensitive to temperatures

How-To
Resource

Vermicomposting: What & What NOT To Feed

<i>Yummy!</i>	<i>Yucky!</i>
 <p><i>Anything green - especially the leafy stuff!</i></p>	 <p><i>Citrus - no orange, lemon or lime</i></p>
 <p><i>Fruits</i></p>	 <p><i>Fats, Oils, Salad dressing</i></p>
 <p><i>Vegetables</i></p>	 <p><i>Breads & Cereals - can attract gnats</i></p>
 <p><i>Coffee grounds & filters</i></p>	 <p><i>Salts - no seasoned food</i></p>
 <p><i>Tea bags</i></p>	 <p><i>Meat - creates odors</i></p>
 <p><i>Brown Paper, Black & White newspaper</i></p>	 <p><i>Sugars- no processed food</i></p>

Different Methods: Bin Composting

What it is:

- Organic materials in a bin to break down under the “right” conditions.

Benefits:

- Done outside
- Can be done in a variety of bin setups
- Very little restriction on scraps



Drawbacks:

- Can attract vermin if not protected
- Can stink if not done in the right ratio of materials
- Need to be turned every month

Information
on turning
compost

<https://www.naturemill.net/compost/how-often-to-turn-compost/>

Resource

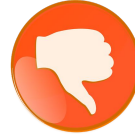
<https://www.epa.gov/sustainable-management-food/types-composting-and-understanding-process>

What Is & Is NOT Compostable



Yes

- Fruits and vegetables
- Eggshells
- Coffee grounds and filters
- Tea bags
- Nut shells
- Shredded newspaper
- Cardboard
- Paper
- Yard trimmings
- Grass clippings
- Houseplants
- Hay and straw
- Leaves
- Sawdust
- Wood chips
- Cotton and Wool Rags
- Hair and fur
- Fireplace ashes



No And The Reason Why

- **Black walnut tree leaves or twigs**
 - Releases substances that might be harmful to plants
- **Coal or charcoal ash**
 - Might contain substances harmful to plants
- **Dairy products** (e.g., butter, milk, sour cream, yogurt) and eggs*
 - Create odor problems and attract pests such as rodents and flies
- **Diseased or insect-ridden plants**
 - Diseases or insects might survive and be transferred back to other plants
- **Fats, grease, lard, or oils***
 - Create odor problems and attract pests such as rodents and flies
- **Meat or fish bones and scraps***
 - Create odor problems and attract pests such as rodents and flies
- **Pet wastes (e.g., dog or cat feces, soiled cat litter)***
 - Might contain parasites, bacteria, germs, pathogens, and viruses harmful to humans
- **Yard trimmings treated with chemical pesticides**
 - Might kill beneficial composting organisms
- **Plastics & any non-organic materials**

All Methods Requires The Same 3 Ingredients:

- **Browns** - Materials such as dead leaves, branches, and twigs.
- **Greens** - Materials such as grass clippings, vegetable waste, fruit scraps, and coffee grounds.
- **Water** - Having the right amount of water.

All three of these are important for compost development.

What We Will Be Making:

- Mini Compost Bins (apartment friendly)



Remember!

A properly managed compost bin will not attract pests or rodents and will not smell bad.

Your compost should be ready in two to five weeks!



Needed

- Container
- Appropriate for method used, “green” & “brown” waste
- Drill to create air holes
- Composting worms (if doing vermaculter)



Want More Information?

Find this powerpoint (under the resource tab) & more
on our website!

