

## What is Composting & Why is it important

### What is Composting?

Composting is an important part of nature's life cycle. To put it simply, composting is the process of recycling organic matter. This includes food scraps, nail clippings, animal products, leaves, and more. These get decomposed by organisms, such as worms and other microorganisms, and turned into a fertilizer that can enrich soil and plants. Now that you know the basics, let's break down each step of the process in more detail.

Through a balanced makeup of nitrogen, carbon, air, and water, these organic matters begin to decompose. This process attracts tiny microorganisms that live off the nutrient-rich material. All of those woody parsley stems and carrot nubs that don't make it into your salad bowl are exactly what these tiny creatures love to feast on.



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During the composting process, your leftover organic scraps are discreetly consumed by all kinds of creatures, including worms, nematodes, and sowbugs. The leftover substance (meaning their waste material) becomes *compost*. The finished product is a dark and healthy garden fertilizer that kind of resembles chocolate cake. The nutrient load of compost is so rich, in fact, that farmers often refer to it as "black gold."

## **So Why is Composting Important?**

Composting has countless benefits for the environment and is an easy way to fight food waste, right in your own kitchen. Did you know about a third of the food produced all around the world ends up in landfills? All this wasted food converts to methane, which is a greenhouse gas with an even stronger effect than carbon dioxide. Composting is the simple solution you can use to help eliminate food waste.

Composting is a completely natural biological process. It's one of the many ways that our planet has evolved to dispose of waste and reuse it as a valuable resource, and it's been done for centuries. Compost material retains much higher amounts of water than regular soil, which means your lawn and garden require less water in order to flourish. Who wouldn't want an easy way to help conserve water? In addition to keeping plants more hydrated, this water retention prevents erosion by reducing runoff.

Repurposing your kitchen scraps to make compost also saves you money. Food and yard refuse make up a significant portion of what gets tossed into the trash, and trash disposal costs money. Composting means fewer byproducts get thrown away, and less in the bin means *more* in your pocket. Each year the US spends billions of dollars on waste management. It's important that we each do our part in cutting back this waste by composting. Composting at home allows us to prevent some of that waste and turn it into something practical and beneficial for our yards. By adding just one extra step into your daily routine, you can do a lot of good for the planet!



But it doesn't stop there. Other benefits of composting include:

- Better soil health with higher nutrients
- A reduction in greenhouse gas emissions
- It's an efficient way to recycle nutrients
- Improves crop yields
- Reduces the need for pesticides and fertilizers
- Water retention minimizes the impact of drought
- Can rehabilitate contaminated soil
- Eliminates groundwater contamination from landfills

And that's just to name a few!



*Related: How To Start Composting*

By adding composting to your routine, you're helping our planet play the long game. Composting is an easy way to aid the perseverance of the planet, but also leaves you with your own countless benefits. It's a win-win, for you and the planet! Sometimes all it takes is just one pebble to make a ripple, and just one ripple makes a wave. Check out our [Composting Bin](#) now, and start making a difference today – it all begins with you!