

# Benefits of Backyard Composting and More



One way to reduce waste and help out your gardens

Brought to you by the Sustainable Trumbull Committee

# 5 Benefits of Home Composting

- 1. Adds nutrients to the soil.**
- 2. Introduces valuable organisms to the soil.**
- 3. Recycles kitchen and yard waste by 25%.**
- 4. Reduces landfill waste.**
- 5. Good for the environment!**

# What is composting?

Composting is really farming - you're trying to raise and multiply as many bacteria to munch the organics you're putting into your pile as possible. Just like you, they need food, water and oxygen in the right amounts. So **3:1 carbon/browns:nitrogen/greens** is the food, enough water is where the pile, when well mixed and squeezed in a ball, is moist but does not drip water and oxygen means that you are fluffing / turning the pile at least weekly. I actually have no problem putting in sticks and large objects, e.g. sticks, bark, etc. just to be sure there are air spaces. Hope that makes sense. So...you can have too little oxygen from not enough fluffing or too much water filling up air pockets and thirdly you can have too dry a pile so you may need to add water...as long as you keep to the **3:1 carbon:nitrogen rule.**

# Composting Basics Good Things to Compost (Greens and Browns)

## **Greens = Nitrogen**

- Fruits and vegetables
- Eggshells, peanut and nut shells
- Coffee grounds and filters
- Tea bags
- Nut shells
- Yard trimmings (No Weed seeds)
- Grass clippings
- Houseplants

## **Browns = Carbon**

- Shredded newspaper
- Cardboard
- Paper
- Hay and Straw
- Leaves
- Sawdust
- Wood chips
- Cotton and Wool Rags
- Vacuum cleaner lint
- Hair and fur
- Fireplace ashes

# Things **NOT** to Compost

- Black walnut tree leaves or twigs
- Coal or charcoal ash
- Dairy products (e.g., butter, milk, sour cream, yogurt) and eggs
- Weed seeds
- Diseased or insect-ridden plants
- Fats, grease, lard, or oils
- Meat or fish bones and scraps
- Pet wastes (e.g., dog or cat feces, soiled cat litter)
- Yard trimmings treated with chemical pesticides
  - Might kill beneficial composting organisms

The 2 most commonly used compost methods by homeowners

**1 - Vermicomposting** – Red worms in bins feed on food scraps, yard trimmings, and other organic matter to create compost.

[https://youtu.be/V8miLevRI\\_o](https://youtu.be/V8miLevRI_o)



## 2 -Aerated Static Pile Composting -

Aerated static pile  
composting produces  
compost relatively quickly  
(within six months).

<https://youtu.be/swLkA1cHJ4Y>



# How to get started with composting!

- 1 - Select a spot in your yard for your compost site
- 2- Pick the type of composting you would like to do:
  - A - Open pile
  - B - Create a bin with air flow
  - C - Buy a bin/container
- 3 - Begin to prepare items for composting - cutting into smaller pieces will help the composting process happen quicker
- 4 - Keep the pile moist and well aired
- 5 - Observe it

# Compost Problems - Smells

## Smell - Rot

**Cause** - not enough oxygen and the pile produced hydrogen sulfide

**Fix** - turn your pile over to get more oxygen, once a week should be good

## Smell - Ammonia

**Cause** - too many green materials creating a nitrogen smell

**Fix** - spread the pile out to release the smell, then add more brown items to your pile

Questions on composting at  
home????

# Don't want to compost at your **House**, but like the **idea and benefits of composting**?

Our local waste collection company RWS is here to inform you about another option now available in town!!



**RWS RESIDENTIAL**  
**CURBSIDE COMPOSTING**

**WHAT'S INCLUDED**

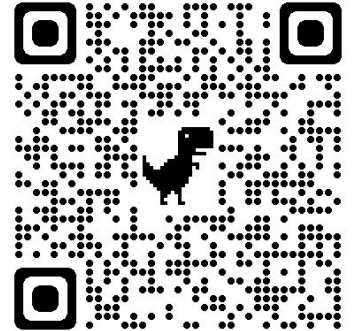
- ✓ 5 Gal. Curbside Bin with locking lid
- ✓ Countertop Bin with a Compost Guide
- ✓ Your first Roll of Compostable Liners

*Let's Reduce Our Waste*

*Proudly Servicing the Communities We Grew Up In*

**CALL OR TEXT 203-334-1660**  
Or fill out the form online at [Resiwaste.com/Compost](https://Resiwaste.com/Compost)

**\$9.99**  
**PER MONTH\***  
(every other week service/set up fee applies)



What you  
can  
compost  
with RWS

## COMPOST



MEAT & BONES



SHELLFISH & FISH PRODUCTS



EGG SHELLS & DAIRY



FRUITS & VEGETABLE SCRAPS



BREADS & CEREALS



COFFEE GROUNDS, FILTERS, &  
TEA BAGS

### OTHER THINGS TO COMPOST:

CONDIMENTS & SPICES | PITS & PEELS  
FOODS SOILED PAPER | UNCOATED PAPER PLATES  
PAPER TOWELS | PLANTS & HERBS | INCIDENTAL OILS & FATS

## DON'T COMPOST



CORKS



PLASTIC



CANDLES



METAL / ALUMINUM FOIL



STYROFOAM



GLASS OF ANY KIND



GUM

### OTHER THINGS TO NOT COMPOST:

TWIST TIES | RUBBER BANDS | DISPOSABLE MOPS | CLEANING SHEETS  
FIREPLACE OR BARBECUE ASHES | HOT LIQUIDS | PLASTIC GLOVES  
ENGLISH MUFFIN CARTONS | WAXY CARDBOARD | MILK CARTONS  
CLEAN PIZZA BOXES (RECYCLE) | COFFEE PODS | PET WASTE

# Links on how to make your own compost - DIY Style

We hope you enjoyed learning about composting . . . maybe you can take this on and help reduce waste, plus help your garden

35 Cheap And Easy DIY  
Compost Bins That You Can  
Build This Weekend

<https://www.diyncrafts.com/33618/home/gardening/35-cheap-easy-diy-compost-bins-can-build-weekend>

31 DIY COMPOST BIN IDEAS YOU'LL WANT TO  
GET TO WORK ON NOW

<https://www.backyardboss.net/diy-compost-bin-ideas/>



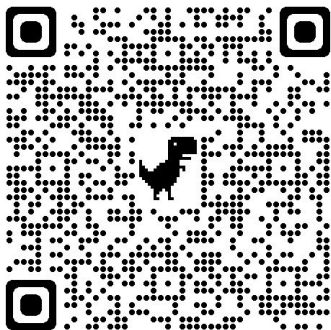
# Information collected from the following sites

United States Environmental Protection  
Agency

Support Green Philly

CT.Gov-below is the link

[https://portal.ct.gov/DEEP/Waste-Management-and-Disposal/  
Organics-Recycling/Home-Composting---Turn-Your-Spoils-into-Soil](https://portal.ct.gov/DEEP/Waste-Management-and-Disposal/Organics-Recycling/Home-Composting---Turn-Your-Spoils-into-Soil)



<https://www.planetnatural.com/composting-101/making/problems/>



# Want to get involved

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