

# The Do's and Don'ts of the composting pile

Essentially anything that was once living can be composted. However, to avoid generating odours and attracting pests such as rodents and flies, it's best to limit most composting systems to plant based materials - a vegetarian diet for your composter!

If you have some meat sauce from plate scrapings or dressing on a left over salad, don't worry about it - very small amounts won't cause a problem.

## DO COMPOST...

### Greens from the garden:

Grass cuttings, garden plants, weeds, potted plants, cut flowers, house plants.

### Greens from the house:

Plate scrapings, cooked and uncooked vegetables and trimmings, fruit peels, cores and rinds, tea bags, coffee grounds and filters, baked goods including bread (in small quantities only) rice and other grains, pasta and cereals.

### Browns from the garden:

Leaves, twigs, hedge prunings, shredded tree trimmings, straw or hay, pine needles, cones, bark.

### Browns from the house:

Newspaper, paper towels, paper napkins, uncoated paper plates and cups, cardboard (clean or soiled) - must be torn up to be used effectively

## DON'T COMPOST...

### From the Garden:

- Diseased plants, leaves or insect infested plants.
- Weeds that spread by root or runner such as ivy, briars, bindweed, or any that have gone to seed (e.g. dandelion, buttercup, dock, thistle).
- Timber or large woody materials.

### From the House

- Anything animal based like meat, fish, poultry, dairy (including cheese), oils or grease. This includes bones and shells.
- Vacuum cleaner bags & contents
- BBQ & coal ashes
- Nappies or sanitary towels
- Dog & cat waste
- Chemicals & pharmaceuticals

There are secure systems that if managed properly can process animal based food waste without problems.

Many compost heaps do not get hot enough to kill off diseased or contaminated garden materials so it is best to keep these out of your compost.

Remember: always balance **green** materials with **brown** materials

Remember: When in doubt, leave it out!