

## Compost Recipe

FEMMES Workshop

“The Science of Composting”



Let's make our own compost!

**Step 1:** Make a compost bin

**Step 2:** Add twigs and branches to make the bottom layer of your compost. This will help air get to the bottom of the pile.

**Step 3:** Add a “**brown**” layer. Brown materials contain mostly **carbon**. Choose **2** materials from the list below and add them to your pile.

- Leaves
- Hay and straw
- Pine needles
- Sawdust
- Wood chips
- Newspaper, cardboard, egg cartons (ripped into pieces)
- Corn cobs
- Dryer lint

**Step 4:** Sprinkle with water.

**Step 5:** Add a “**green**” layer. Green materials contain mostly **nitrogen**. Add **1** green material from the list below. This creates a good carbon-to-nitrogen ratio.

- **Fruit and vegetable scraps:**  
pumpkins, apple cores, orange peels, banana peels, bell pepper pits, potato peels, carrot peels, melon rinds, squash shells, squash seeds, onion skins, kale stems, peach and nectarine pits, broccoli stalks, and much more!
- Green grass clippings
- Coffee grounds and filters
- Tea bags
- Houseplants
- Egg shells
- Stale bread

**Step 6:** Sprinkle with water

**Step 7:** Repeat steps 3-6 a **2 more times** to create more layers, remembering to add twice as much brown material in each layer than green material. Add one more brown layer to the top, this helps keep away animals that might try to eat the food scraps in your green layer.

**Step 8:** After 2 days, mix your compost to make sure all of the microorganisms have enough air.

**To learn more about composting, visit these websites:**

1. Downloadable fact sheets and how-to's available at:  
<http://ccetompkins.org/garden/composting/how-fact-sheets>
2. Learn more about the science behind composting at:  
<http://compost.css.cornell.edu/science.html>
3. Where does Duke University's food waste go? Find out at:  
<http://www.brookscontractor.com/>
4. Learn more about the organisms that create compost at:  
<https://www.bae.ncsu.edu/topic/composting/pubs/composting-microorganisms.pdf>
5. Tips on what to compost, with a troubleshooting guide:  
<http://www.nyc.gov/html/nycwasteless/downloads/pdf/materials/tipsheet-what-to-compost.pdf>



**Wood Chips**



**Watermelon rind**

**Used tea bag**



**Stale Bread**

**Pumpkin**



**Potato peels**



**Coffee grounds**



**Dryer lint**





**Rotten spinach**



**Straw**



**Pine needles**



**Kale stems**



**Onion skins**



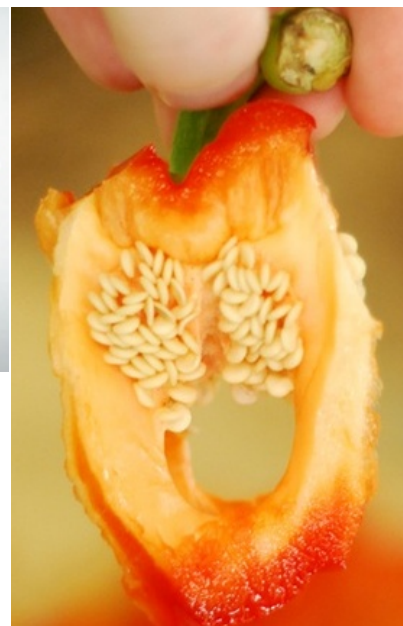
**Peach pit**



**Broccoli stalks**



**Bell pepper pit**



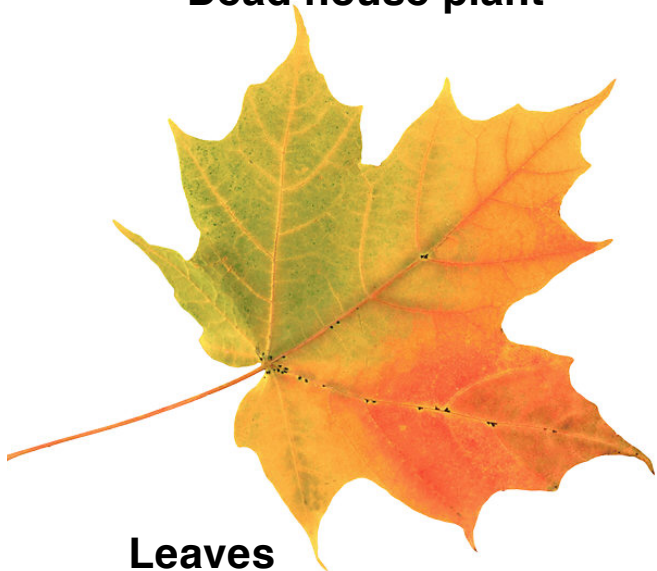




**Dead house plant**



**Carrot peels**



**Leaves**



**Egg shell**



**Banana peel**



**Orange peels**



**Corn cob**

**Apple core**





**Grass clippings**



**Grass clippings**



**Grass clippings**



**Twigs and branches**



**Twigs and branches**



**Twigs and branches**



**Twigs and branches**



**Twigs and branches**

