



An average of 20-30% of household refuse can be redirected away from landfills reducing their methane emissions. Instead, your compost will enrich the soil in your garden, help retain moisture, and suppress plant diseases and pests without the use of chemical fertilizers. The compost "tea" encourages the production of beneficial bacteria and fungi that break down organic matter to create humus, rich nutrient-filled material.



Resources

This pamphlet was produced by the Hampton CT Green Energy Committee with a Lee Sawyer Community Waste Reduction and Recycling Grant from the RecycleCT.

For a more detailed description on how to successfully compost please see the Hampton Green Energy Committee's "Wipe Out Waste Guidebook, How to Reduce, Reuse, Recycle, Everything." Copies are available at Town Hall or by calling Kate at 860 604-4846.

There are many resources available online on composting. Below are a few of them:

CT DEEP

<https://portal.ct.gov/DEEP/Waste-Management-and-Disposal/Organics-Recycling/Home-Composting--Turn-Your-Spoils-into-Soil>

UCONN Master Composter

<http://www.ladybug.uconn.edu/FactSheets/index.php>

EPA

<https://www.epa.gov/recycle/composting-home>

NRDC

<https://www.nrdc.org/stories/composting-101>

RecycleCT

<https://www.recyclect.com>



Composting

**It's easy to do.
Saves money.
And is good for the earth!**

Did You Know: Food waste accounts for 20-30% of household trash, and is a significant contributor to the climate crisis? Plus, waste disposal is costly to you and our town.

Solution: Convert food scraps to compost!

Benefits: Gain free fertilizer to enrich the soil in your gardens, cut down on smelly trash, save cost of garbage bags, save money on the town's trash bill, and help the climate crisis.

**You Can Be a Part
of the Solution!**

How to Compost

1. Find kitchen pail with cover for food scraps.
2. Locate a place for a bin or pile in your yard. Ideal is a dry, shady spot near a water source.
3. Add brown and green ingredients.
4. Water as needed, keep it moist.
5. Wait awhile.

Passive vs. Active Composting

Passive composting is virtually labor-free. It requires a holding bin and takes between 8-12 months to get finished compost.

Active composting requires more frequent turning and will produce compost much quicker than passive composting.

Brown to Green Ratio

It is important when composting to maintain a balance between carbon based materials (browns) and nitrogen based materials (greens).

Brown materials include:

dried grass, autumn dried leaves, saw dust, wood chips (untreated wood), straw.

Green materials include:

fruit & vegetable scraps, coffee grounds, tea bags.

What to Compost

GREENS (wet): Nitrogen Rich

- Vegetable and fruit scraps
- Coffee grounds and filters, tea bags and leaves
- Fresh grass clippings
- Plant trimmings from your garden
- Houseplants

BROWNS (dry): Carbon Rich

- Dry leaves, straw and dry hay
- Nut shells
- Woodchips and sawdust from untreated wood
- Dried grass clippings, shredded paper
- Dryer and vacuum cleaner lint



Trouble Shooting

Problem	Solution
Compost smells	Turn the pile and add browns
Too wet	Turn the pile and add dry material
Too dry	Turn the pile and add water, then shade
Cool to the touch	Add more greens



What NOT to Compost

- Meat and fish bones and scraps
- Eggs, but put in the shells
- Dairy products
- Fats, oily foods, grease, or lard
- Cat and dog waste
- Diseased or insect ridden plants
- Seeds of weedy plants
- Anything treated with pesticides
- Wood ashes, which raise pH