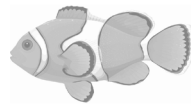


COMPOST



LIVE THE DIFFERENCE NOW

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You have a garden:

You'll need -

- A container for the kitchen bench or cupboard with lid & biodegradable compost bag to fit.
- Large garden compost bin with lid, or worm farm, to situate in part of the garden near your kitchen.
- Dry leaves, grass/plant cuttings, shredded paper
- Garden pitchfork to mix/aerate compost.

1. Install your garden compost bin by digging a shallow hole (20cm deep) a little wider than the diameter of the bin. Place bin into hole & fill in around the edges with dirt, pack down firmly. Or
2. Place worm farm* in garden.
3. Fit biodegradable compost bag into your kitchen compost container - or go without if you prefer.
4. Fill container with your kitchen scraps as you prepare food - you can put all organic matter into the container, including meat, bones, fruit & veg scraps, egg shells etc (don't put in a whole chicken carcass or lots of bones at once).
5. Empty container into garden compost bin or worm farm*. If compost bin, using garden fork, mix with some dry plant matter or with some shredded paper to balance wet/dry matter.
6. Don't press down on the compost pile, it needs to be loosely piled so as to keep air in the mix. Flatten out the top of the compost pile so that it breaks down evenly.
7. Once full, either leave for a few months & install a second garden compost bin, or empty out the bottom half of the bin by lifting the base, scooping out the beautiful humus and replacing base in hole.
8. Scatter the humus in garden patches or pots for much needed nutrients for plants, especially vegetables & herbs.

If we all compost we can instantly reduce the greenhouse effect & climate change! Composting massively reduces methane released by food scraps in general waste. Methane has a global warming potential 34x greater than CO2!

July 2018 - guide created by Jacqueline Boscher - livedifferencenow.com

You don't have a garden:

You'll need -

- One of the self-composting bins on the market (see below) &/or a worm farm* on your balcony.
- Plant pots or a patch of communal/neighbouring garden to spread the humus (material rich in nutrients that is the result of composting), or
- Permission from the body corporate of your apartment block to set up a communal compost bin in the garden.
- Your local council may also collect kitchen scraps - check with your council.

Self-composting bins -

- Check out these self-composting bins for the kitchen bench - urbancomposter.com.au, bokashi.com.au, Whirlpool's Zera indoor composter will be on sale soon zera.com MORE INFO TO COME...

* **Worm farm guide** - visit the resources page of ecohouseandgarden.com.au for a great guide to setting up & managing your worm farm.

General composting products - compostapak.com.au for compostable bags & compost bins, or compostinghome.com.au



Scale jumping:

You could scale up this action by -

- Setting up a compost system at work, school or other community organisation
- GROWING YOUR OWN VEGGIES & HERBS FED BY YOUR OWN COMPOST/HUMUS!
- Joining a community kitchen garden group & sharing your compost/humus for food growing & get free produce to eat!
- Talking to others about how composting food scraps massively reduces your carbon footprint!
- Lobbying your local council to start a residential food scraps collection service!

