

What Can I Compost?

- ✓ Aim for 1/3 greens (nitrogen) to 2/3 browns (carbon)

| Material | Carbon/Nitrogen | Information |
|----------------------------|-----------------|--|
| Wood chips / pellets | Carbon | High carbon levels; use sparingly |
| Wood ash | Carbon | Only use ash from clean materials; sprinkle lightly |
| Tea leaves | Nitrogen | Loose or in bags |
| Table Scraps | Nitrogen | Add with dry carbon items |
| Straw or hay | Carbon | Straw is best; hay (with seeds) is less ideal |
| Shrub prunings | Carbon | Woody prunings are slow to break down |
| Shredded paper | Carbon | Avoid using glossy paper and colored inks |
| Seaweed and kelp | Nitrogen | Apply in thin layers; good source for trace minerals |
| Sawdust pellets | Carbon | High carbon levels; add in layers to avoid clumping |
| Pine needles | Carbon | Acidic; use in moderate amounts |
| Newspaper | Carbon | Avoid using glossy paper and colored inks |
| Leaves | Carbon | Leaves break down faster when shredded |
| Lawn & garden weeds | Nitrogen | Only use weeds which have not gone to seed |
| Green comfrey leaves | Nitrogen | Excellent compost 'activator' |
| Grass clippings | Nitrogen | Add in thin layers so they don't mat into clumps |
| Garden plants | -- | Use disease-free plants only |
| Fruit and vegetable scraps | Nitrogen | Add with dry carbon items |
| Flowers, cuttings | Nitrogen | Chop up any long woody stems |
| Eggshells | Neutral | Best when crushed |
| Dryer lint | Carbon | Best if from natural fibers |
| Corn cobs, stalks | Carbon | Slow to decompose; best if chopped up |
| Coffee grounds | Nitrogen | Filters may also be included |
| Chicken manure | Nitrogen | Excellent compost 'activator' |
| Cardboard | Carbon | Shred material to avoid matting |