

 recycle for Scotland

# Composting at Home

A quick and easy guide to  
composting at home



[recycleforScotland.com](https://recycleforScotland.com)

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here

# Why compost?

Home composting is a great way of transforming your food and garden waste that would usually end up in the bin into nutrient rich food for your garden. Not only will your household rubbish bin be less full – saving your council money in disposal costs - but you will also save money on fertilizers and compost for your garden by making your own!

Composting is an inexpensive, natural process that transforms your kitchen and garden waste into a valuable and nutrient rich food for your garden. It's easy to make and use. This guide will show you how to get started, what to put in your compost bin and how to use your finished product.

## Did you know?

Almost half the food waste in your rubbish bin could have been home composted?

## Benefits of composting at home:

- It reduces waste sent to landfill and saves space in your household bin
- It saves money by reducing the need to buy compost.
- It provides a free soil conditioner that will help improve the health of plants and flowers in your garden
- It is better for the environment. When waste is sent to landfill, air cannot get your food and garden waste, as the waste breaks down it creates harmful greenhouse gases which damages our atmosphere.

# What can I compost?

Like any recipe, your compost relies on the right ingredients to make it work. The key to good compost lies in getting the mix right. Your compost can be made from both kitchen and garden waste.

## Yes

### Kitchen Waste

- ✓ Fruit scraps and vegetable peelings
- ✓ Tea leaves and coffee grounds
- ✓ Egg shells
- ✓ Paper items inc. scrunched up cardboard, egg boxes, toilet roll tubes, cereal boxes and unwanted mail

### Garden Waste

- ✓ Cut flowers
- ✓ Garden and house plants
- ✓ Grass cuttings
- ✓ Young annual weeds
- ✓ Shredded twigs
- ✓ Hedge trimmings
- ✓ Straw and hay
- ✓ Wood chippings and sawdust
- ✓ Bedding from vegetarian pets

## No

### Keep these out!

Certain things should never be placed in your bin. Do not put in...

- ✗ Cooked vegetables
- ✗ Meat
- ✗ Dairy products
- ✗ Diseased plants
- ✗ Dog poo or cat litter
- ✗ Nappies



# Step by step guide



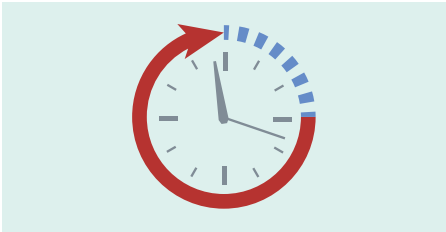
## 1 Setting up your bin

Ideally site your compost bin in a reasonably sunny site on bare soil. If you have to put your compost bin on concrete place a layer of paper and twigs on the bottom.



## 2 Add the right ingredients

A mixture of garden waste and vegetable/fruit peelings, tea bags and coffee grounds from the kitchen.



## 3 Wait a while

It takes between nine and twelve months for your compost to become ready for use, so now all you need to do is wait and let nature do the work.



## 4 Ready for use

Once your compost has turned into a crumbly, dark material, resembling thick, moist soil you know it's ready to use. Use it to enrich borders and vegetable patches, plant up patio containers or feed the lawn.

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Reducing the amount of food that gets thrown out is always the best option and it saves money too! For practical hints, tips and recipe ideas, visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

### Where to find out more

For more information on all aspects of home composting including how to videos go to [recycleforscotland.com](http://recycleforscotland.com)

### For more information:

 @NameCouncil [www.council.gov.uk](http://www.council.gov.uk) 0800 123 1020

