

# What to COMPOST

## Greens ~ Nitrogen

alfalfa  
plant clippings  
\* fruit scraps  
hair / fur  
\* vegetable scrap  
cooked pasta / rice  
dried grass  
herbs  
manure from chicken, cows  
tea leaves / bags  
dry dog or cat food  
corn husks  
coffee grounds / filters  
fresh leaves  
seaweed  
old flower bouquets  
freshwater aquarium water

## Browns ~ Carbon

hay  
\* shredded cardboard  
dead flowers  
small twigs / sticks  
dryer lint  
dried grass / leaves  
hedge clippings  
shredded newspaper  
\* sawdust / wood shavings  
paper  
napkins / paper towels  
nuts (except walnuts)  
100% cotton fabrics  
pinecones  
feathers  
eggshells  
paper toilet rolls



# Not to COMPOST

animal bones  
clippings with pesticides or chemicals  
coal  
dairy products  
dead animals  
fatty and oily foods  
fish / fish scraps  
manure from dogs and cats  
meat scraps  
peanut butter  
plastic  
walnuts

bread  
takeout containers  
citrus peels  
onion  
waxed / coated paper  
diseased plants  
charcoal  
weeds with lots of seeds  
treated wood / sawdust  
eggs  
cat litter  
cooked waste that can become mouldy



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