

HEALTHY PLANTS HEALTHY SOIL

BALANCE: TYPICALLY 1 PART OF **BROWN** TO 1 TO 2 PARTS OF **GREEN** WILL GIVE YOU THE DESIRED OVERALL CONTENT OF **30 CARBON TO 1 NITROGEN (30:1)** IN YOUR COMPOSTER OR COMPOST PILE

BROWNS: CARBON

- DRIED LEAVES
- WEEDS: ANNUAL, WITHOUT SEEDS
- CORN STALKS, STRAW, HAY
- DRIED GRASS CLIPPINGS
- CARDBOARD OR SHREDDED NEWSPAPER (AVOID GLOSSY OR HEAVILY INKED PAPER)
- WOOD CHIPS, STICKS, SAWDUST OR WOOD ASH IN SMALL AMOUNTS (UNTREATED WOOD ONLY)

GREENS: NITROGEN

- FRUIT AND VEGETABLE SCRAPS
- RINSED EGG SHELLS
- GRASS CLIPPINGS (NOT TREATED WITH HERBICIDES)
- MANURE FROM VEGETARIAN ANIMALS
- OKARA (TOFU BY-PRODUCT)

DO NOT ADD

- BBQ ASHES/COALS
- COOKED FOOD
- INVASIVE WEEDS (BUTTERCUP, MORNING GLORY)
- DAIRY
- DOG OR CAT FECES
- FATS, GREASE, AND OILS
- FISH, MEAT AND BONES
- CAT LITTER

