



# What Can I Compost?



So you're sold and you want to start composting, but what goes into the bin?  
Compost is broken into two general categories: greens and browns.

## Greens

Quick to rot and they provide important nitrogen and moisture.

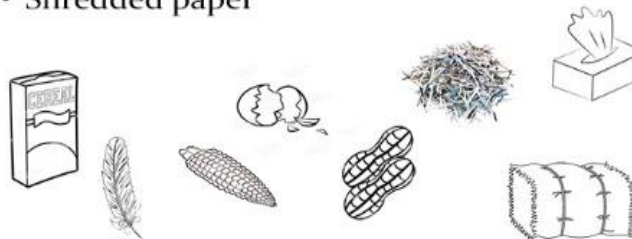
- Vegetable scraps
- Fruit scraps
- Tea bags
- Coffee grounds and filter paper
- Seaweed
- Used hops
- Old flowers and nettles
- Grass cuttings
- Bedding plants
- Weeds - *Avoid weeds that have gone to seed, as seeds may survive all but the hottest compost piles*



## Browns

Typically slower to rot but provide fibre and carbon and also allow important air pockets to form in the mixture.

- Egg shells
- Peanut shells
- Corn cobs and stalks
- Egg and cereal boxes
- Corrugated cardboard
- Garden prunings
- Twigs and hedge clippings
- Straw and hay
- Ashes from wood and paper
- Unprocessed wood chippings
- Wool
- Cotton threads and string
- Feathers
- Vacuum bag contents
- Old natural fibre clothes
- Toilet and kitchen roll tubes
- Tissues, paper towels and napkins
- Shredded paper



## Do Not Include

Putting these in your bin can encourage unwanted pests and can also create odor.

- Meat and dairy products
- Cooking oil
- Rice
- Bread products
- Walnuts
- Diseased plants
- Sawdust
- Heavily coated or printed paper
- Dog poo or cat litter, or soiled diapers
- Used personal product soiled with human blood or fluid

