

Composting Guide

A guide on what to throw into your composter and what to avoid.



THROW IT IN

If something is natural, it's most likely okay to throw in...

eggshells	bush and shrub prunings
coffee grounds	straw and/or hay
nut shells	stale bread
banana peels	dog food
black-and-white newspaper	melon rinds
computer paper (shred any paper)	citrus peel
chopped seeds (to avoid sprouting)	vacuum bag dirt
vegetable and fruit scraps	manure
chopped avocado pits	peat moss
popcorn	seaweed
toilet paper rolls	garden soil
dryer lint	Christmas trees
lawn clippings	pinecones
dry leaves	twigs
coffee filters	pine needles and straw



LEAVE IT OUT

If it's chemically treated, going to spoil, or likely to attract pests, a good rule of thumb is to leave it out.

any personal products	mayonnaise
plants treated with chemicals or pesticides – that includes treated lawn clippings	salad dressing
walnuts, as they can be toxic	oils
any human or medical waste	fats
pizza boxes	dairy
styrofoam colored paper	meats
diapers	bones

