

# Composting 101



## Greens: Nitrogen Sources

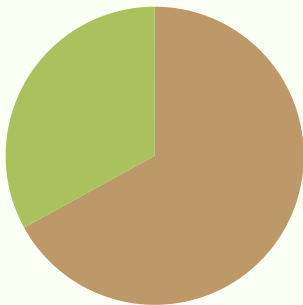
**apple cores**  
**banana peels**  
**egg shells**  
**greens**  
**fresh grass trimmings**  
**urine**  
**strawberry tops**  
**coffee grounds**  
**cooked plain pasta or rice**  
**manure**  
**pulp from juicing**  
**sprouted potatoes**

## Browns: Carbon Sources

**corn cobs**  
**paper (non-shiny)**  
**cardboard**  
**dead leaves**  
**sawdust**  
**mulched wood**  
**straw**  
**popsicle sticks**  
**egg cartons**  
**coffee filters**  
**tea bags**  
**peanut or pistachio shells**



- Add more browns than greens. The ideal ratio of browns to greens is around 2:1 or 3:1.
- Turn and water your compost 1-2 times a week for best results. Compost should be moist enough that you can squeeze a single drop of water out of one fistful.
- Increase surface area of larger waste by chopping, crushing, shredding or blending materials.



Avoid adding meat, fish, bones, grease, dairy, cosmetics, dog or cat waste, invasive species, and extremely salty foods

