ENSO GROUP

presents

HOW TO COMPOST

WHAT IS COMPOSTING?

Composting is the natural process of recycling organic matter, such as leaves and food scraps, into a valuable fertilizer that can enrich soil and plants, by providing an ideal environment for bacteria, fungi, and other decomposing organisms (such as worms, sowbugs, and nematodes) to do their work.

General Information

The composting process involves **four** main components: organic matter, moisture, oxygen, and bacteria

Compost helps soak up **water**, slowly releasing it to plants.

There's **different types** of compost bins: Plastic Stationary Bins, Tumbling or Rotating Bins and Worm Composting

Composting is **aerobic**, which mean it doesn't create pollution.

Compost improves **soil structure**

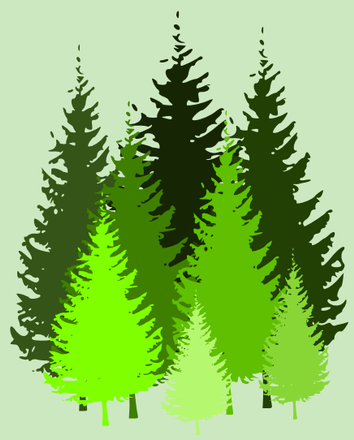
Innovative Uses of Compost

Reforestation, Wetlands Restoration, and Habitat Revitalization

Composting of Soils Contaminated by Explosives

Disease Control for Plants and Animals

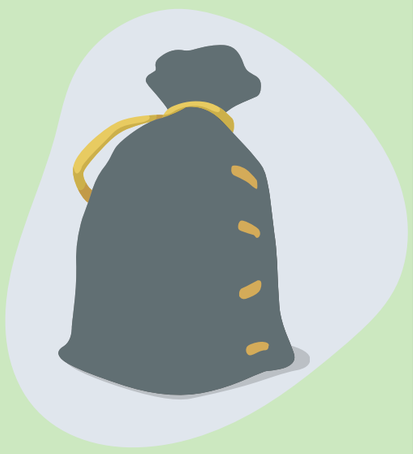
Erosion Control, Turf Remediation, and Landscaping



Bioremediation and Pollution Prevention

Organic Waste

About 40% of our daily rubbish bag is organic waste.



Sources: ECN; EPA;

Establish a community compost pile

Partner with neighbour to establish a community compost at a nearby garden.

HOW TO DO IT?

1. Choose the location

Preferably in the shade, with a water spot and no wind (to avoid drying out the compost).

2. Prepare the bottom

Place a layer of small branches to allow aeration and prevent compaction.

3. Mix the materials

Arrange the green and brown waste in alternating layers, the last one always being brown waste.

4. Let it breathe

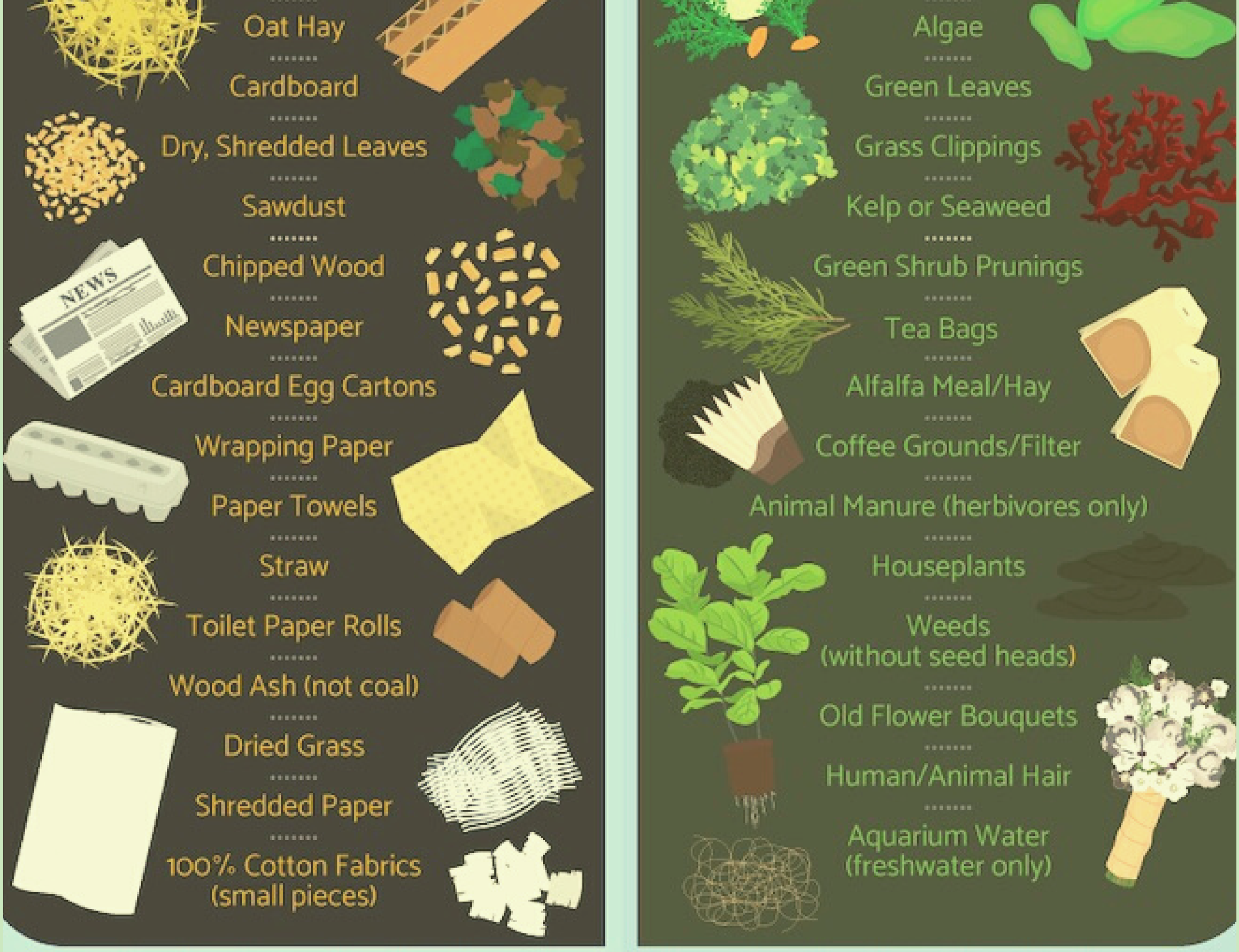
Place the organic waste pile in contact with the soil to allow microorganisms to enter and water to drain.

5. Keep the compost moist

Water as often as necessary but not often, just don` t let the mix get too dry.

WHAT TO COMPOST?

Regarding ratio, the best mix is 2 parts green x 1 part brown by weight. In volume this will look more like 50/50 as the brown material weighs less than the green.

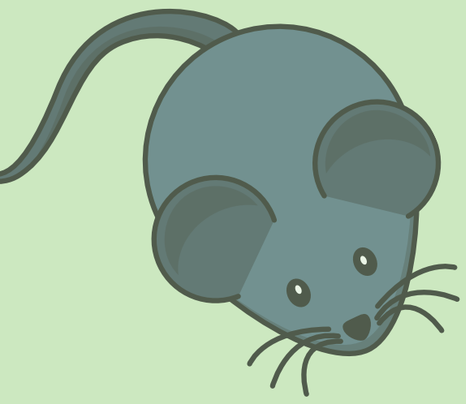


Source: Quickcrop

WHAT ARE THE RISKS?

Unpleasant Odours

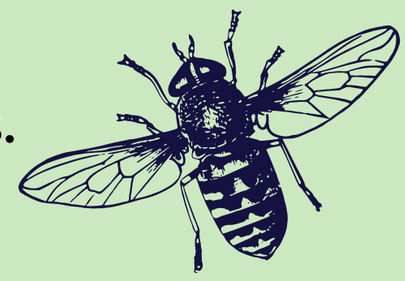
This can be a concern in urban and suburban areas with small lots and neighbours living close by. Reduce or eliminate odours by following two practices: first, remember to not put bones or meat scraps into the compost; second, cover new additions to the compost pile with dry grass clippings or similar mulch. Adding lime or calcium will also neutralize odours. If the compost smells like ammonia, add carbon-rich elements such as straw, peat moss, or dried leaves.



Attracting Animals

Composting bins can attract rodents or others animals. Meat products are likely to do that. Other things that may attract pests are cooked food, oily things, buttery things and bones.

Boil your food waste before adding it to your pile to make it less enticing to fruit flies.



Safety Precautions

Take standard safety precautions when handling the waste (e.g., washing your hands afterward, avoiding touching your face). If you have a condition that predisposes you to an allergic reaction or infection, wear a dust mask while tending to your pile, especially in dry weather.

Chemical Hazards

As well as the biological exposure there is also a risk of chemical exposure as the waste decomposes. The generation of chemical agents depends on the nature of the composting and the organic materials being composted. Ammonia, methane, carbon dioxide and hydrogen sulphide are four possible off-gasses that may be generated. Do any manover of composting mix outside.

THE DO`S AND DONT`S

DON'T

Important to note that some products say "compostable" on them — like "compostable bags" and "compostable wipes." Those are compostable in industrial facilities, but they don't really work for home composting.

DO

Leaf-Mould Tea

Use leaves to make a nutritious “tea” for your plants. Simply wrap a small pile of leaves in burlap and immerse in a garbage can or large bucket of water. Leave for three days, then remove the “tea bag” and dump contents into the compost. Scoop out the enriched water with a smaller bucket and use to water your plants and shrubs.

DO

To store kitchen waste until you’re ready to transfer it to your composter, keep a container with a lid and a handle under the sink. A stainless steel compost pail with an carbon filter or a ceramic model will cut down on odours. Chop up any large chunks before you toss them in.

DON` T

What NOT to Compost :

Meat, fish, egg or poultry scraps

Dairy products

Fats, grease, lard or oils

Coal or charcoal ash

Diseased or insect-ridden plants

Pet wastes (dog or cat faeces, cat litter)

Yard trimmings treated with pesticides

Black walnut tree leaves or twigs

DON` T

Leave it to hot. The temperature should be measured periodically, and the ideal temperature should be between 60 and 65ºC.

Solutions:

- Regularly turn the pile
- Add greens
- Increase or decrease compost quantity

DO

The most common problem with composting is not enough brown material. Stack on your brown material such as: Fall leaves, Pine needles, Twigs, chipped tree branches/bark, Straw or hay, Paper, Dryer lint, Cotton fabric, Corrugated cardboard (without any waxy/slick paper coatings)

USEFUL LINKS AND ENTITIES

EUROPEAN COMPOST NETWORK
https://www.compostnetwork.info/

Lipor
https://www.lipor.pt/pt/

BIOCYCLE
https://www.biocycle.net/

Enrich Environmental
https://www.enrich.ie/

Compost Research & Education Foundation
https://www.compostfoundation.org/