

# What Can I Compost?

Below are some examples of acceptable materials for composting and those it is recommended you avoid.

Compostable?	Yes/No	Comments
<u>Hair, human or animal</u>	<u>Yes</u>	<u>GREEN/NITROGEN but may be slow to degrade</u>
<u>Grass clippings</u>	<u>Yes</u>	<u>GREEN/NITROGEN may compact add with bulky items</u>
<u>Manure from herbivores (vegetarian)(e.g., horse or cow manure, rabbit droppings)</u>	<u>Yes</u>	<u>GREEN/NITROGEN, but do not use if animal is sick</u>
<u>Rotten fruit &amp; vegetables</u>	<u>Yes</u>	<u>GREEN/NITROGEN may compact due to wetness, add with dry bulky brown/carbon items</u>
<u>Coffee grinds, including filter</u>	<u>Yes</u>	<u>GREEN/NITROGEN</u>
<u>Tea bags</u>	<u>Yes</u>	<u>GREEN/NITROGEN</u>
<u>Citrus, e.g. oranges, grapefruit, lemons, tangerines</u>	<u>Yes</u>	<u>GREEN/NITROGEN must cut in 1/2 or 1/4 before composting. Mix with browns &amp; add 6 inch layer of browns on top.</u>
<u>Leaves</u>	<u>Yes</u>	<u>BROWN/CARBON</u>
<u>Wood chips and pieces</u>	<u>Yes</u>	<u>BROWN/CARBON - source of bulky items.</u>
<u>Straw</u>	<u>Yes</u>	<u>BROWN/CARBON - source of bulky items.</u>
<u>Sawdust (from un-treated wood)</u>	<u>Yes</u>	<u>BROWN/CARBON very high in carbon.</u>
<u>Newspaper</u>	<u>Yes</u>	<u>BROWN/CARBON must shred before composting</u>
<u>Landscape trimmings (cut to sizes less than 2")</u>	<u>Yes</u>	<u>BROWN/CARBON a good source of bulky items.</u>
<u>Wet paper</u>	<u>Yes</u>	<u>BROWN/CARBON Break up into small pieces, or make a wet slurry and turn it (mix) into the compost</u>
<u>Paperboard, e.g. cereal boxes, paper plates, and napkins.</u>	<u>Yes</u>	<u>BROWN/CARBON Break up into small pieces, or make a wet slurry and turn it (mix) into the compost</u>
<u>Egg shells</u>	<u>Yes</u>	<u>Adds calcium</u>
<u>Animal by-products such as meat, chicken, lard, bones, cheese or milk products</u>	<u>NO</u>	<u>This type of kitchen waste can attract pests.</u>
<u>Pet waste, non-vegetarian animals</u>	<u>NO</u>	<u>Might contain diseases that could be transmitted to humans.</u>
<u>Mayonnaise, salad dressing or peanut butter</u>	<u>NO</u>	<u>Hard to degrade</u>
<u>Inorganic trash such as plastic, foil or metals.</u>	<u>NO</u>	<u>Will not break down in the compost process, instead recycle these materials</u>
<u>Chemicals such as pesticides, gasoline, diesel or oil.</u>	<u>NO</u>	<u>Potentially toxic to human health and the environment</u>