



# Compost Turns your Garbage into Garden Gold!


The best green living activity you can do. It's easy and with so many benefits, you don't even need a yard!

Presented by Lisa Ryder

# What is compost?

- × Compost is organic material that can be added to soil to help plants grow
- × You can make it at home from leftover food scraps and yard waste
- × Many trash collection companies also offer large-scale industrial composting for food waste from the community



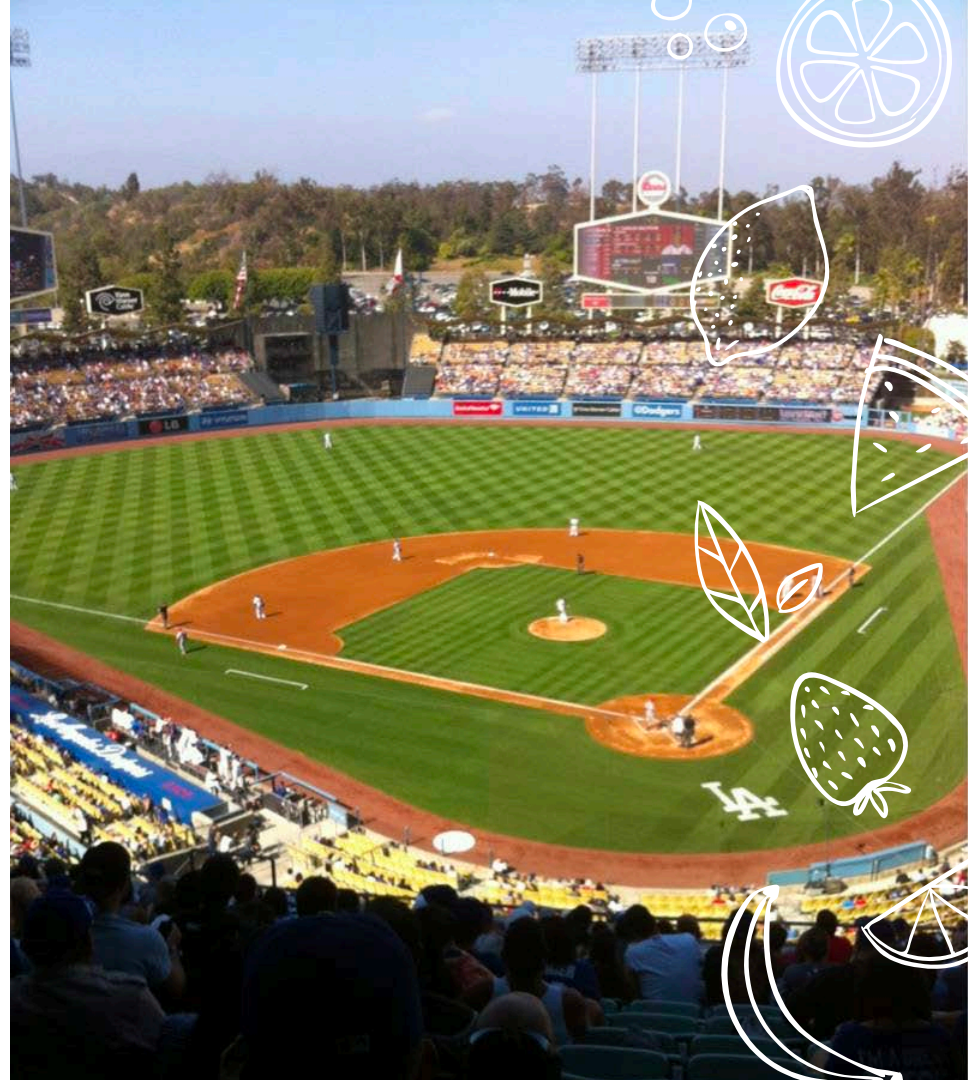


# 50,000 tons

Amount of trash residents of  
LA County throw away in a  
single day

That's enough  
trash to fill up  
the entire  
Dodger Stadium!

About 30% of this trash is food  
waste.





# Start composting today!

Instead of sending your food and yard scraps  
to the landfill, where they release harmful  
methane gas, throw them in a bin!



Composting turns our trash into treasure!

**Mother nature recycles her waste:**

Our waste becomes food for other organisms, which helps  
nourish the soil and grow new food

# What are the benefits of composting?

- × Reduces waste in landfills
- × Turns waste into a useful product
- × Reduces need for water & fertilizers
- × Regulates the soil's pH, provides nutrients on a slow-release basis, suppresses certain plant diseases, & controls erosion
- × Sequesters methane, a greenhouse gas





# Traditional Composting

- ✗ Breaks down food scraps & yard waste using aerobic digestion in 3-12 months
- ✗ Most bins are made for larger spaces with yards





# Backyard Compost Recipe

1/3

Greens (nitrogen)

Fruits, veggies, grains, & yard clippings

2/3

Browns (carbon)

Dried leaves wood chips, sawdust, straw, shredded newspaper, egg cartons, & cardboard

+

Water, Air, & volunteer helpers

Mix the compost to ensure aeration and moisten with water about once a week. Fungi, bacteria, & invertebrates move in to help process scraps

# Traditional compost dos, don'ts, pros, & cons



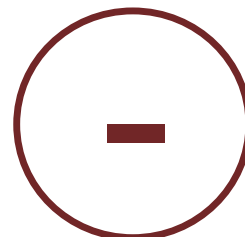
Fruits, veggies,  
grains, yard  
waste,  
shredded  
paper  
products, soil,  
& water



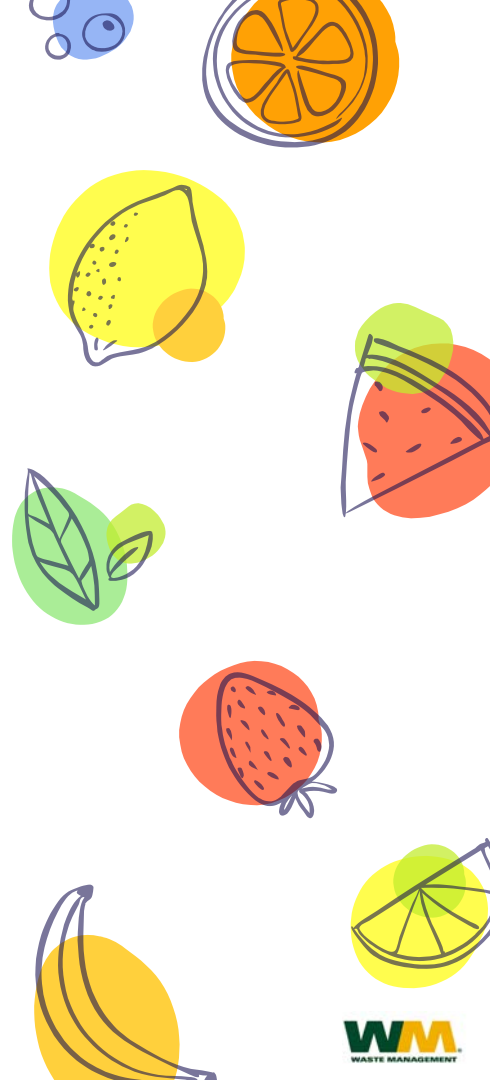
No meat, dairy,  
bones, grease,  
diseased  
plants, & pet  
waste



Inexpensive,  
takes yard  
waste & food  
waste, low  
maintenance



Cannot take  
all foods,  
limited  
options for  
small spaces,  
longer  
processing  
time



# A look inside a compost bin



# Traditional composting bins

## × Large backyard bins:

- Soil Saver (\$90+)
- Tumblers (\$80+)
- DIY bins



## × Compact bins for patios or balconies:

- Envirocycle mini tumbler (\$190)
- Miracle-Gro small tumbler (\$60)



# How to tell when compost is done:

It no longer looks like food  
or yard waste, but a rich  
black loamy soil.

a.k.a BLACK GOLD! The  
worlds best, organic plant  
food...as nature intended.



# No yard? No problem!

- × Several options for small spaces:
  - Mini compost bins for balconies and patios
  - Vermiculture composting
  - Bokashi method
  - Food recyclers





# Vermiculture composting

- ✕ Vermiculture composting can be done in any space!
- ✕ Uses a small container with red worms
- ✕ Compost food waste only (no yard waste)
- ✕ Creates a super rich fertilizer in 2-3 months



# Vermiculture Compost Recipe

½ lb

Red wiggler worms (1/2+ lbs)

The worms help break down the organic waste and create rich soil!

+

Bedding and paper products

Coin fiber, potting soil, shredded newsprint, office paper, cardboard & paper board

+

Food scraps

Fruits, veggies, & grains only!

# Vermicompost dos, don'ts, pros, & cons



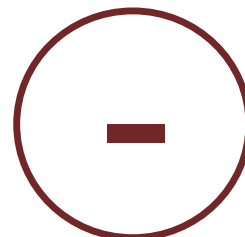
Fruits, veggies, grains, & shredded paper products only. Keep in shade



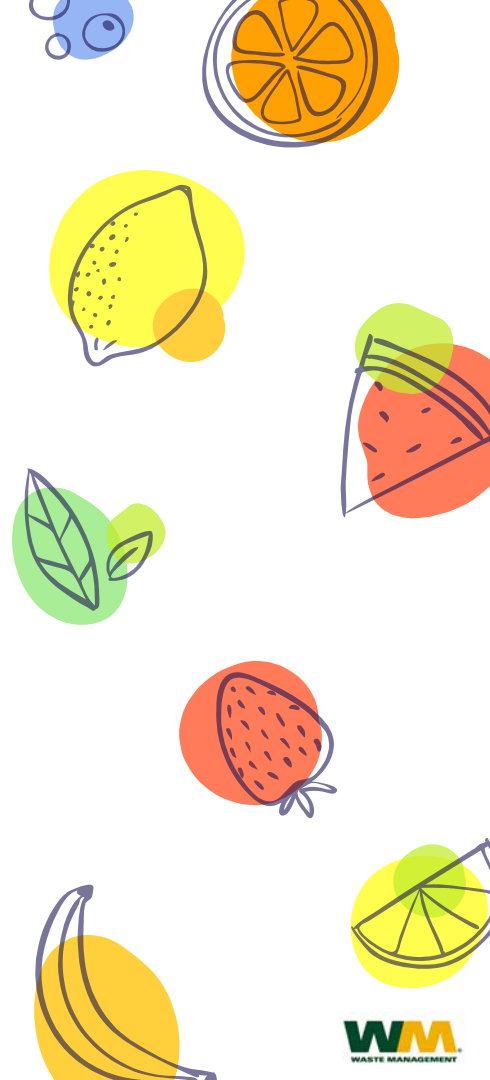
No meat, dairy, bones, grease, liquid, & yard waste. Limit extreme temperature exposure



Good for small spaces, minimal odor, quicker cycle than traditional composting



Cannot take all foods, worms require some attention, costly bins



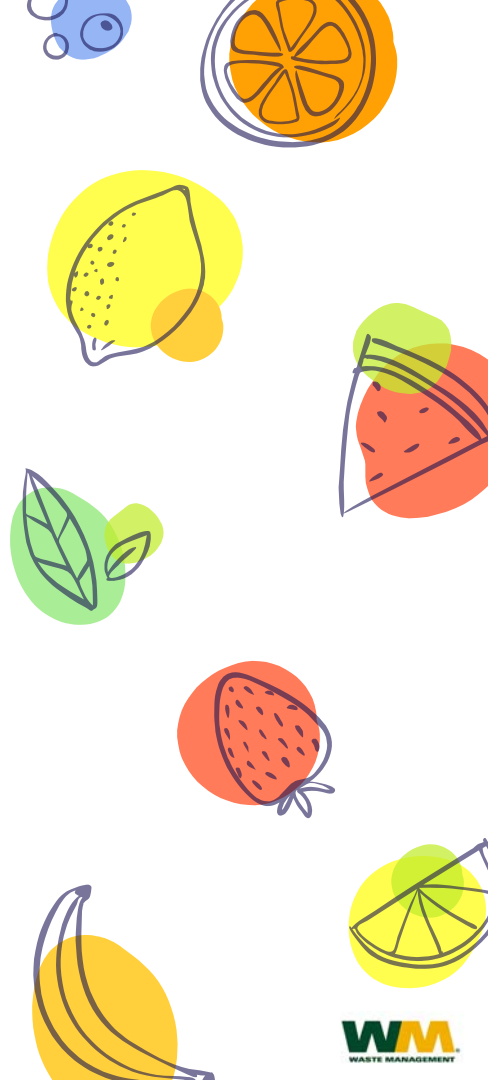
# Vermiculture composting bins

- × Some examples for in-home use:
  - Worm factory (\$110)
  - Hot Frog Living Composter (\$107)
  - Worm Farm Composter (\$160)
  - DIY bin (\$20-\$30)
  - Red worms (\$25-\$30)



# Alternative composting: the Bokashi system

- × Method for breaking down kitchen scraps through a fermentation (anaerobic) process
- × Ideal for urban homes with limited space for traditional composting
- × Requires extra steps after the 2-week fermentation process to become useable compost



# How to use Bokashi

- ✕ The bucket: a 5-lb plastic bin, tight-fitting lid, & a spigot at bottom
- ✕ The accelerant: microbe enhanced wheat bran
- ✕ The process: add food scraps to bucket and compact with a smasher, sprinkle handful of accelerant over top, & repeat until bucket fills.
- ✕ Keep sealed & drain liquid every 2-3 days
- ✕ After fermentation complete, mix contents with soil or in a traditional compost system





# Bokashi dos, don't's, pros, & cons



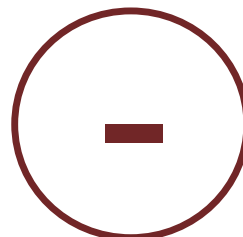
Add all types  
of food  
waste,  
including  
meat, dairy, &  
bones



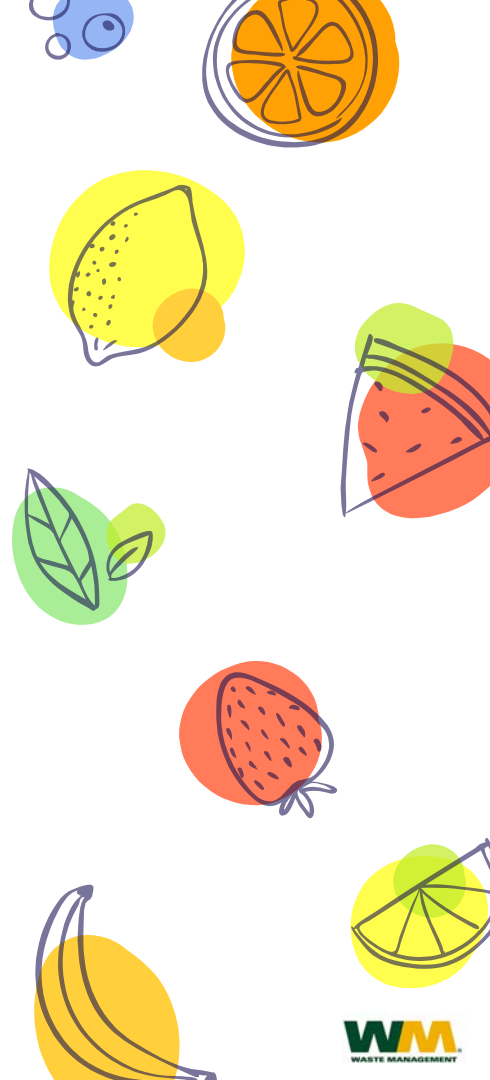
No grease,  
liquid, paper,  
& yard waste.  
Limit  
exposure to  
air



Breaks down  
all foods,  
good for  
small spaces,  
produces  
liquid plant  
food,  
inexpensive

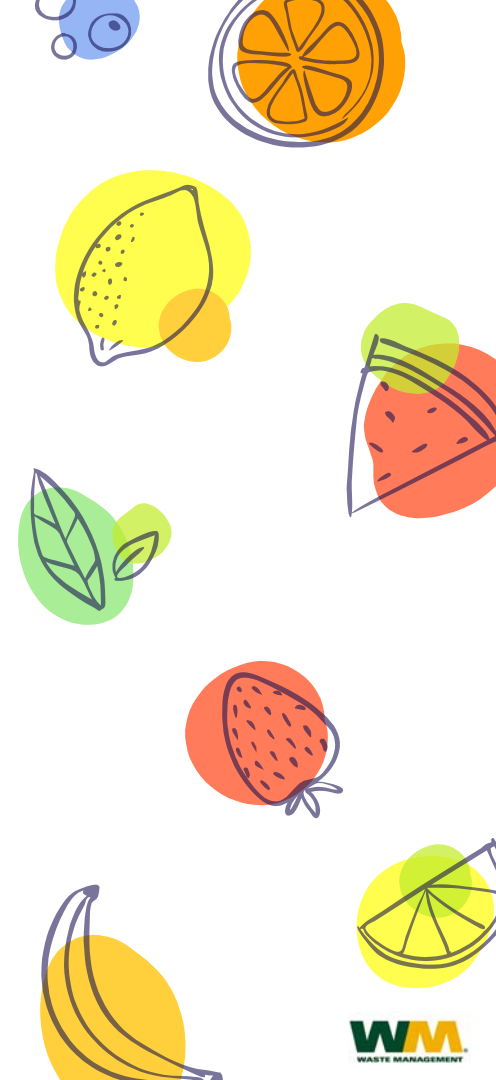


Some odor,  
must bury  
product or  
use 2nd  
compost  
system, can  
kill plants



# Bokashi bins

- × Some examples:
  - SCD Probiotics Bokashi system (\$47)
  - VermiTek Bokashi system (\$50)
  - Urban Composter Bokashi bin (\$47)
  - Bokashi bran additive (\$12-\$20)



# Alternative composting: electric food recyclers

- ✗ Method for breaking down kitchen scraps through mechanical process
- ✗ Ideal for urban homes with limited space
- ✗ Quickly processes food scraps (24 hours or less)



# How to use food recyclers

- ✕ Plug device into outlet
- ✕ Insert enzyme additive (if required)
- ✕ Fill with food scraps
- ✕ Turn on device
- ✕ Add compost to garden
- ✕ Clean device after use



# Recycler dos, don'ts, pros, & cons



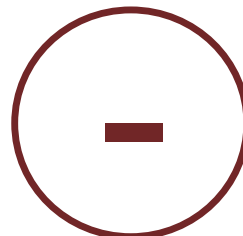
Add most types of food waste, including meat, dairy, coffee filters, & small bones



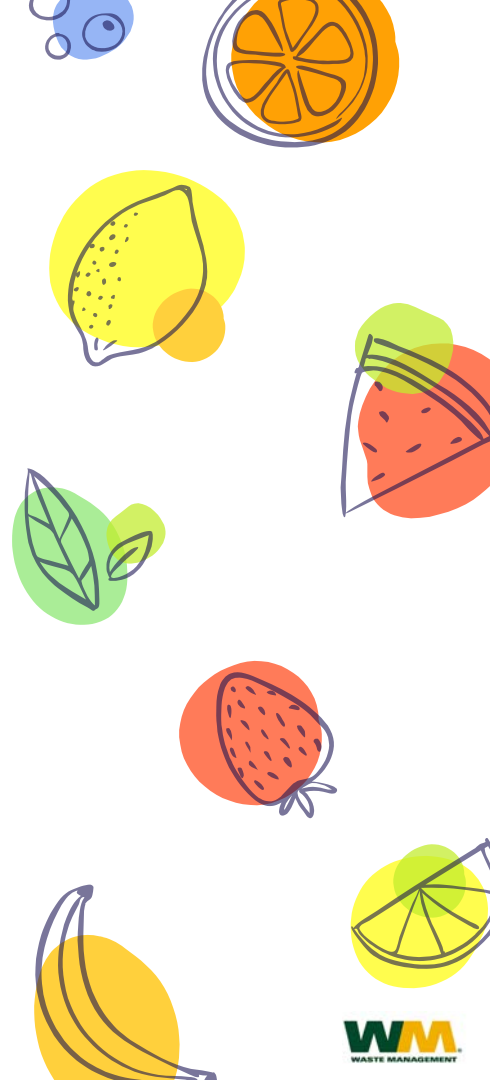
No grease, liquid, paper, large bones, pits, & yard waste



Breaks down all food, limited odor, good for small spaces, fastest processing, easy to use



Costly, requires purchase of replacement filters, requires cleaning



# Food recyclers

- ✗ Only two options on market:
  - Food Cycler Platinum Indoor Food Recycler (\$259)



- Countertop sized, works in 3-6 hours
- Replacement filters (2 for \$25). Each lasts 3-4 months
- Foodilizer Additive (\$25)
- Product is sterile unless additive used



# Food recyclers

## × Option 2: Zera Food Recycler (\$1200)



- Trashcan sized
- works in 24 hours
- Replacement filters (\$20 each). Last 1-2 months
- Additive (\$14/4 packs), must use 1 pack/cycle
- Product can be used as compost

The slide is decorated with various hand-drawn illustrations of fruits and vegetables. In the top left, there are blueberries. Next to them is a slice of orange. To the right is a green cucumber. Further right is a slice of watermelon. On the far right is a lime. In the middle right is a lemon slice. Below that is a strawberry. At the bottom right is a cherry. In the bottom center is a banana. To the left of the banana is a green leaf. Above the banana is a strawberry. To the left of the strawberry is a green leaf. Above that is a lime. In the top left corner is a blueberry. The word 'Thanks!' is written in a large, orange, handwritten-style font in the center of the slide.

# Thanks!

**Any questions?**

You can find me at:

[lisarydermoore@gmail.com](mailto:lisarydermoore@gmail.com)