

## NITROGEN GREENS

- Young green weeds—avoid seed heads
- Spent plants, trimmed leaves & soft prunings
- Raw vegetable peelings & fruit skins from your kitchen
- Tea bags and coffee grounds
- Grass cuttings (in moderation)
- Comfrey, nettles
- Human urine
- Animal manures from cows or horses
- Poultry/ Guinea pig/ Rabbit manure

### TRACE ELEMENTS

- Phosphorous
  - Boron
  - Copper
  - Iron
  - Manganese
  - Zinc
  - Molybdenum
- Volcanic rock dust & seaweed extracts*

## CARBON BROWNS

- Plain cardboard eg loo-roll & kitchen towel roll tubes, egg boxes
- Non-shiny waste paper, newspaper
- Paper towel, preferably recycled or organic
- Poultry/ Guinea pig/ Rabbit bedding
- Tough stems & stalks, chopped up if possible
- Hedge clippings & woody prunings, chopped up if possible
- Bracken
- Sawdust & wood shavings from untreated wood
- Fallen leaves in moderation—make leafmould
- Natural fibres eg cotton, wool
- Egg-shells
- Wood ash



## AIR SPACES

Created by layering of brown materials eg scrunched newspaper. Never compress the contents of the bin — it will reduce naturally

## WATER/ MOISTURE

From fleshy plant material, urine, water. Moisture is conserved by the bin compound

## WARMTH

Created from the process of decay & sunlight—the black bins absorb heat. Heat is retained by the insulation properties of the bin & its lid

## COMPOST

heat

ammonia

CO<sub>2</sub>