

Greens/Nitrogen

- ♦ Algae
- ♦ Bone meal
- ♦ Coffee grounds & filters
- ♦ Feathers
- ♦ Fruit peels
- ♦ Grass clippings
- ♦ Hair
- ♦ Houseplants
- ♦ Manure from herbivores
- ♦ Plant Pruning's
- ♦ Seaweed
- ♦ Tea leaves
- ♦ Spent Flowers
- ♦ Vegetable scraps
- ♦ Weeds (not in seed)
- ♦ Greens that are slow to decompose: fruit pits, avocado skin, carrot chunks, corn cobs

COMPOSTING for Soil Building (from Linda Beer)

Browns/Carbon

- ♦ Dry autumn leaves
- ♦ Cardboard (egg cartons and corrugated cardboard in small amounts)
- ♦ Newspaper (printed with soy ink shredded in small amounts)
- ♦ Straw
- ♦ Wood ash
- ♦ Coffee filters
- ♦ Pine needles
- ♦ Peat moss
- ♦ Sawdust
- ♦ Browns that are slow to decompose: woody material, conifer cones

Tricky Greens That Require Special Handling

- Citrus rinds (a no-no in vermicomposting)
- Meat
- Bones
- Dairy
- Cooked food
- Oily food

} Bokashi

Never Evers

- ♦ Diseased plants and flowers
- ♦ Invasives such as: bindweed, Canada thistle, Japanese knotweed, Himalayan blackberry
- ♦ Materials exposed to toxic chemicals
- ♦ Cat manure and litter
- ♦ Weeds in seed