WHAT SHOULD I PUT IN MY COMPOST BIN?

√Good for compost:

fruits & vegetables grass eggshells clippings paper wilted coffee flowers grounds plant cuttings weeds leaves tea leaves non-plastic tea bags cardboard

*Bad for compost:

oils weeds with seeds

cooking fat

treated timber

large pet waste glossy paper

meat

bones

produce stickers

dairy

diseased plants

HOW MICROBES MAKE HEALTHY SOILS

A healthy soil system relies on microbes. Bacteria, fungi, and archaea are important for the cycling of carbon, nitrogen, and phosphorus.

gen, and phosphorus.

Microbes decompose organic matter, transforming complex molecules into simpler compounds that plants can use.

In a teaspoon of soil, there are more microorganisms than there are people on earth.

Applying compost to soil can positively affect the physical, chemical, and biological properties of soil, which leads to increased crop yield.

HEALTHY SOIL
MAKES HEALTHY
PLANTS

the soil microbiome and increases soil pH, water retention, organic content, density, and porosity. Improved soil quality helps plants grow.

WHY SHOULD I COMPOST?

- · Keep food waste out of landfills
- Return nutrients to the soil
- Build and maintain healthy soils
- Support a healthy soil microbiome
- Suppress soil-borne diseases
- Increase soil fertility
- Help plants thrive

TYPES OF SOIL MICROBES

Bacterial species in the genuses

Actinomycetes
and Streptomyces
produce a
compound called
geosmin that gives
soil its earthy smell.

some bacteria, such as Azotobacter and Rhizobium, play important roles in the nitrogen cycle. These microbes convert nitrogen gas from the air to forms of nitrogen that plants can use. Rhizobium has a symbiotic relationship with legumes and can be found in root nodules.

SOURCES

1 US EPA. 2018 Oct 16. Composting at home. US EPA. https://www.epa.gov/recycle/composting-home.

2 Hoorman JJ. 2010. Understanding Soil Microbes and Nutrient Recycling. Osuedu. https://

ohioline.osu.edu/factsheet/SAG-16.

3 Wagner S. 2011. Biological Nitrogen Fixation .
www.nature.com. https://www.nature.com/scitable/knowledge/library/biological-nitrogen-

fixation-23570419/.

4 Ho TTK, Tra VT, Le TH, Nguyen N-K-Q, Tran C-S, Nguyen P-T, Vo T-D-H, Thai V-N, Bui X-T. 2022. Compost to improve sustainable soil cultivation and crop productivity. Case Studies in Chemical and Environmental Engineering. 6:100211. doi: https://

Bacillus subtilis

Streptomyces

Other bacteria, like

Bacillus subtilis,

break down

proteins to release
nutrients back into
the soil.

