

HOME COMPOSTING MADE EASY

Composting is a simple, natural process of transforming your kitchen and garden waste into valuable and nutrient-rich humus that will nourish and improve your garden, vegetables, flowers and lawn.



1 Suitable compost site:
Choose a place for your compost, preferably on bare soil near your garden. You need a place where it is protected from wind and yet receives enough sunlight to warm the pile.



3 Add ingredients:
Place all organic waste in a pile that is a 50/50 mix of green and brown waste. Start with the brown waste, followed by the green waste, and pour some water over it to keep the material moist but not wet. This moisture will promote decomposition of the organic material.



5 Wait a while:
Now wait and let nature do its work and turn the pile into a rich, dark brown, humus-like soil that can take 2-3 months to harvest. Your pile may even steam, but don't worry, it means that it's working. Keep adding greens and browns to your mix.

7 Usage:
Remove the compost from the pile and spread a thin layer of it on the soil, on your lawn, your plants, your vegetables and your flowers, to see the healthy effect of the compost.

2 Temporarily store your organic waste:
Gather your organic kitchen scraps and temporarily store them in a sealed container and place it in the refrigerator or a cool, dry place. Continue to fill the container with vegetable shreds and fruit pieces, bread crumbs, cereal and eggshells and take it to your compost site once it is full.



4 Aerate and mix:
Aerate and mix your pile once a week to allow organisms to decompose. Regular turning, while not essential, speeds up the process, oxygenates the mix and improves the quality of the compost. A lack of oxygen slows the decomposition of the material. Turning the mixture also helps you determine whether the mixture is dry or wet.



6 Ready to harvest:
Once the pile has turned into a dark brown, crumbly, moist soil and gives off an earthy, fresh, aromatic smell, it's ready for use.



NB! We are running out of time - let us act and redirect our food waste. We have been asked to keep 50% of organic waste out of landfills by 2022 and 100% by 2027.

Greens:

Grass trimmings • Old flowers and nettles • Young weeds • Seeds and barks • Fruit scraps • Vegetable peelings
Coffee grounds • Tea bags • Seaweed • Lint

Browns:

Fall leaves • Hedge clippings and twigs • Hay and straws • Grains, pasta, rice, muesli, cereal and bread crumbs
Crushed egg shells • Shredded paper • Newspaper • Tissues, paper towels and napkins • Uncoated paper plates
Cardboard • Egg and cereal boxes • Ashes from wood • Sawdust • Manure (cow, horse, chicken, and rabbit)

NB! Compost flourishes on a balance between nitrogen-rich green and carbon-rich brown materials. So always keep a balance between green and brown materials.

Do not use for composting:

Meat scraps • Fats and oils • Cooked food waste • Dairy products • Diseased plants • Perennial weeds • Nappies or baby nappies • Dog poo and cat litter • Treated wood • Chemical products • Ash from coal • Metals • Glass

NB! Adding these materials can invite undesirable pests and odours. Also, compost piles do not get hot enough to get rid of diseased or contaminated materials, so it is best to keep these materials out of your compost pile.

Prevent food waste from ending up in the bin

To prevent food ending up in the bin you could do a few things:

Understand the label on the food that you are buying.

Buy only what you need to prevent food from ending up in the bin.

Know what the best-before date and the use-by date on the label mean, and be mindful when eating food past the date stamped on the label. It is important that you at all times make sure that food looks, smells and tastes fine.

Plan your lunch box to avoid food being wasted.

Be lunch-wise for a waste-free lunch day by:

- Packing your lunch or sandwich in a re-usable container, and pouring water, cool drink or juice on re-usable bottles.
- Eating lunch that requires less or no packaging, for example fruit, eggs, veggies and by placing dips or sauces in a re-usable container.

A waste-free lunch day has no food waste that will end up in the bin because everything that is not eaten is composted.



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