

COMPOST YOUR LEFTOVERS

I'm sure that you have often heard it said that one man's waste is another man's riches! That is true too about our kitchen leftovers and household waste materials as it will provide a natural richness to our gardens and plant pots in the form of "compost"!

Speaking of riches if your home is your castle, and your garden is where the King and Queen of the manor like to relax then get back to earth and maybe even grow a little (or a lot) of your own food.

Compost is known as "gardener's gold" it enriches the soils fertility by giving it a great shot of high powered, plant loving nutrients. It will stimulate healthy root development and will also improve the soil texture, aeration and water retention.

As compost is free and easy to make, why waste your hard earned cash on commercial products when you can divert as much as 30% of household waste away from the rubbish bin and as landfill space in Ireland is rapidly running out, that's 30% less waste ending up in landfill!

The basics of composting are simple. Most people know they can compost fruit and vegetable peels, leaves, and grass clippings. But what about that tea bag you used this morning? Or the fur that collects in the brush when you groom your cat?

The following list is meant to get you thinking about your compost possibilities. Not every item on the list is for everyone, and that's fine. Imagine how much rubbish we could prevent from going into the landfills if each of us just decided to compost a few more things. Here are some ideas to get you started

From the Kitchen:

- Coffee grounds and filter papers
- Tea & Tea bags
- Used paper napkins
- Used paper plates with no plastic or waxy coating
- Paper towel rolls
- Pizza, cereal boxes and paper bags ripped into small pieces
- The crumbs off the counters and dust off the floor
- Plain cooked pasta and rice
- Stale bread, crackers and cereals
- Cellophane bags (not clear plastic bags!)
- Nut shells (except walnuts which can be toxic)
- Wine Corks
- Egg cartons & egg shells
- Toothpicks and bamboo skewers

From the bathroom:

- Used facial tissues
- Hair from the hairbrush (and yes the shower, bath or hand-basin plug hole!)

- Toilet paper rolls
- 100% Cotton wool balls

From the office or study:

- Shredded newspapers, bills and other documents
- Envelopes (without the plastic windows)
- Pencil shavings
- Sticky notes
- Business cards and magazines (but not the glossy ones)

From around the house:

- Contents of the vacuum cleaner
- Ashes from the Aga, fire or BBQ
- Leaves from house plants
- Dead houseplants including the soil
- Flowers
- Paper table covers
- Gift wrapping paper

From our pets:

- Fur from cat or dog brush
- Droppings and bedding from Rabbits / Gerbils and hamsters
- Newspaper and droppings from the bird cage