

## COMPOSTING KITCHEN WASTE

Raw kitchen scraps make excellent compost. They contain valuable nutrients that feed garden plants.

Left over cooked food, meat, fish and dairy products will smell bad and may attract rats, so do not try to compost them.

All raw fruit and vegetable peelings, coffee grounds and tea bags are suitable for composting, But we must either mix this raw kitchen waste with plenty of garden waste or use special methods to compost it.

### A compost bin

Kitchen scraps are green and sappy, so must be mixed with woody, fibrous material. Mix with crumpled envelopes, soft cardboard, plant stalks, woody prunings, leaves and other 'brown' waste. The dry, brown material absorbs liquid from kitchen scraps and creates air pockets. This prevents unpleasant smells.

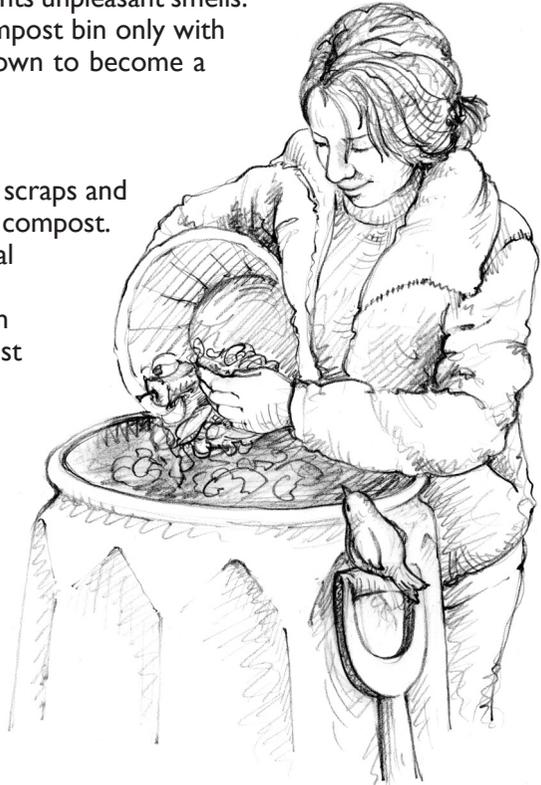
Don't be tempted to fill your compost bin only with kitchen scraps as they will rot down to become a soggy, smelly mess.

### Composting in a bag

An ideal way to compost kitchen scraps and add nutrient to spent commercial compost.

- Put a layer of spent commercial compost in a strong plastic bag
- Put a thick layer of raw kitchen scraps on top, sprinkle on compost activator
- Cover immediately with a layer of spent compost
- Continue filling the bag like this
- When full, tie tightly and leave the bag in a shed for a few months.

You can use this enriched compost with new commercial compost, mixing 50:50.



## **A wormery**

Compost worms process kitchen scraps and produce a very rich material which is more like a fertiliser than compost. [See the leaflet on Wormeries]

## **A Green Cone**

This Canadian composting unit is designed to process all kinds of raw and cooked food. It is an ideal way of dealing with difficult rubbish that normally ends up in a landfill site.

- Sink the green cone basket into a prepared hole in the ground
- Screw the double cavity shell onto the basket
- Add raw or cooked scraps to the bin, being careful that these don't come up above ground level
- Start harvesting the compost after 3 years *or*
- Position the green cone in an orchard or raised bed and let it feed the plants – never bother emptying it.

## **A Green Johanna**

This is similar to the Green Cone, but sits above ground and kitchen scraps are mixed with general garden rubbish.

It is screwed to a strong plastic base to deter unwelcome visitors, like rats.

## **A Compost Trench**

This is the good old-fashioned way of dealing with raw vegetable and fruit waste from the kitchen, especially over winter.

- Dig a trench, 1 spits' depth and whatever length you think you will use. The ideal place is the site for next year's runner beans or sweet peas.
- Place the soil to one side of the trench.
- Keep a bucket in the kitchen for raw waste and, when full, empty it into the trench. Cover immediately with soil and work along the trench.

After a few months, the scraps will have rotted down and enriched the soil.

## **Bokashi compost bucket**

Bokashi is Japanese for 'fermentation'. You use special bokashi bran to 'ferment' raw and cooked kitchen scraps in a sealed Bokashi container. After 2 or 3 weeks, you can add the fermented material to an ordinary compost bin. It should be stressed that this material is not properly composted or ready to use.

For more information on home composting or to contact us - [www.askorganic.co.uk](http://www.askorganic.co.uk) or 01450 860778

ASK Organic, in partnership with Scottish Borders Council, has a Home Composting Display within Woodside Plant Centre, by Ancrum, Jedburgh.



**Waste Aware  
Scottish Borders**

For information on Waste and Recycling contact Scottish Borders Council Recycling Team on 0300 100 1800 or [www.scotborders.gov.uk/recycling](http://www.scotborders.gov.uk/recycling)

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