

Get the most out of food by composting

Food scraps make up a third of everything we throw away. But instead of throwing them in the garbage, there's a better option: recycle and reuse them through composting. Composting means taking organic things and letting them decay in a certain way so they can be used again. Compost can be mixed into soil used for your house plants and garden.



Photo above by Jchizhe, below by Pixavril, courtesy iStockphoto

Quick facts, composting:

1 "Greens" are the fuel of your compost pile. They are vegetable scraps such as apple cores and banana peels. "Browns" are dead leaves, branches and twigs. They are also important for your pile.



2 Water is the third ingredient for your compost pile. Add just enough to mix the greens and browns. Balancing greens, browns and water is key to creating a healthy compost.

3 Create a pile outdoors and cover it with a tarp for healthy decay. You can also purchase or build an outdoor compost bin. Keep adding the three ingredients equally.

4 No yard? No problem. You can compost in your home. Start by getting a ceramic container to hold greens, browns and water. Then dump the contents in a community compost. In return, you may receive a soil delivery for your indoor plants or community garden.

5 Composting is a great way to use food scraps in a positive way that helps the environment.



>> For more helpful tips on composting, visit www.epa.gov.