

May - Recycling

Low Tech - Step-By-Step Activity



**Calendar for
Climate
Change**

Quid-Pro-Guo - Inter-generational
Education to Ease Global Warmi



Step-by-Step Guide to Composting

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|---------------------------------|---|------------------|--|
| Climate Change Topic | Recycling | | |
| High-tech or Low-tech? | Low Tech | | |
| Duration of Activity (| <p>This is a year-round activity. It takes 5 minutes after each meal to add compostable waste to a compost bin. However, it can take months for the compost to be ready.</p> | Learning Outcome | <ul style="list-style-type: none"> • Basic knowledge of composting • Basic knowledge of reusing recycled materials in the home |
| Materials Required for Activity | <ul style="list-style-type: none"> • Materials that are compostable • Compost bin • A space to put your compost bin | | |
| Step-by-step instructions | <p>Almost half of the food waste we throw away could have been composted. There are lots of good reasons to compost. It saves money, resources, and reduces your impact on the environment. Learn more about Food waste: https://stopfoodwaste.ie/resource/food-in-our-bins</p> <p>Step 1: Get yourself a Compost bin</p> <p>Composting is an inexpensive, natural process that transforms your kitchen and garden waste into a nutrient-rich fertilizer for your garden. It's easy to make and use. Many local authorities provide brown bins for food waste, or compost bins free or at reduced prices. You can also purchase one in your local garden centre. Learn more about composting:</p> <ul style="list-style-type: none"> • https://www.dlrcoco.ie/sites/default/files/atoms/files/dlr_guide_to_composting_at_home.pdf • https://www.cleanireland.ie/home-composting/ • https://www.wicklow.ie/Living/Services/Environment/Recycling-Waste-Management/Household-Waste/Composting-Guide | | |



Contact your local authority for more information about compost bins
<https://www.gov.ie/en/publication/942f74-local-authorities/>

Step 2: Learn about what items you can compost

To make good compost, you need a 50:50 mix of materials that are rich in nitrogen and carbon. Nitrogen comes from lush, green material such as grass clippings and food waste. Carbon comes from brown materials, such as woody stems and cardboard. A 50/50 mix of greens and browns is the perfect recipe for good compost.

Some of the things you can compost include: vegetable peelings, Grass, leaves, cardboard, paper etc

There are also items that should NOT be composted such as raw meat, dairy products etc

For more tips on what items to compost:

<https://www.npr.org/2020/04/07/828918397/how-to-compost-at-home>

Step 3: Try to vary the content you add to your compost bin

As you add stuff to your bin, try to have an equal amount of brown and green matter, alternating between the layers. Scrumple paper and leave cardboard egg cartons or toilet rolls intact as this allows the air to circulate within the bin. Speed up the process by turning your heap occasionally to allow the air to distribute which will help speed up the process.

Step 4: Get gardening and using your compost

Depending on what's inside your bin and how often you turn the contents over, your compost will be ready for use within nine and 12 months. You'll know it's ready when it's dark brown and crumbly and smells like soil—and not like rotting vegetables. Don't worry if your compost is a little lumpy and some of the organic matter has not broken down completely. This is perfectly normal!

Check out the link with useful information on knowing when your compost is ready, and a list of Frequently Asked Questions about home composting:

https://www.dlrcoco.ie/sites/default/files/atoms/files/dlr_guide_to_composting_at_home.pdf

What to do with your compost if you don't garden:

<https://www.onegreenplanet.org/lifestyle/things-to-do-with-compost-if-you-dont-garden/>



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Tips on what to do with your compost:


<https://learn.eartheasy.com/articles/how-to-use-finished-compost/>



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