

# Composting 101:



## Turning Waste into Gold

Every kitchen produces scraps—banana peels, vegetable cuttings, coffee grounds, and dry leaves swept from the floor. Most of this ends up in bins, adding to landfills. But what if this waste could be transformed into something valuable? Composting is nature’s way of recycling, turning everyday discards into nutrient-rich soil food. It’s sustainable, cost-effective, and deeply satisfying.

In a world of increasing waste, composting is a quiet revolution. A simple practice that reduces garbage, nourishes plants, and closes the loop between kitchen and garden.

## What is Composting?

Composting is the natural process of breaking down organic matter into humus, a dark, crumbly substance full of nutrients. Microorganisms, earthworms, and fungi do the work for you, converting “waste” into what gardeners call black gold.

It’s easy, requires little space, and works for both urban balconies and rural backyards.

## Getting Started: The Basics

### Choose Your Bin

Any container works—plastic drums, clay pots, wooden crates, or even specialized composters. Ensure it has air holes for ventilation.

### Balance Greens and Browns

- Greens are nitrogen-rich: fruit peels, vegetable scraps, coffee grounds.
- Browns are carbon-rich: dry leaves, shredded paper, sawdust.
- A healthy compost pile needs both. A simple rule: 2 parts browns to 1 part greens.

### Moisture & Air

Keep the pile moist, like a squeezed sponge, and turn it every few weeks for airflow. This prevents foul smells and speeds up decomposition.





## Common Myths & Mistakes

Myth: Composting smells bad.

Truth: If balanced correctly, it smells earthy, not rotten. Odor means too many greens—just add more browns.

Myth: It attracts pests.

Truth: Avoid cooked food, meat, or dairy. Stick to raw kitchen waste, and pests won't bother.

Mistake: Forgetting to mix.

Without oxygen, composting slows down. Stirring or turning ensures even decomposition.

## Why Composting Matters

Every kilo of waste composted is a kilo less in landfills, where it would release methane, a harmful greenhouse gas. Instead, it becomes a natural fertilizer that improves soil, boosts plant health, and reduces the need for chemicals.

For gardeners, compost is priceless. It improves soil structure, retains moisture, and slowly releases nutrients. In short, it gives your plants strength and resilience.

## Final Thought

Composting is not just a gardening trick—it's a lifestyle choice. With every peel, leaf, and leftover that goes into the bin, you're making a statement: nothing in nature is waste. Start small, stay consistent, and soon you'll be harvesting more than compost—you'll be harvesting pride in creating a cycle of renewal right at home.

