



## ECO-GUIDE: COMPOSTING

### Composting Guide for Wingfield and Stowford, Wiltshire

Composting is a simple yet impactful way to reduce household waste and create nutrient-rich soil for your garden. Whether you have a large outdoor space or a small indoor setup, this guide will help you turn kitchen scraps and yard waste into a valuable resource for your garden.

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#### 1. Why Compost?

**Composting offers several benefits:**

- Reduces the amount of waste sent to landfills.
- Produces natural, nutrient-rich compost to improve soil health.
- Saves money on store-bought fertilizers.
- Supports local biodiversity by enriching garden habitats.

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#### 2. Getting Started

**What You'll Need:**

- A compost bin or heap.
- A mix of "greens" (nitrogen-rich materials) and "browns" (carbon-rich materials).
- A garden fork or compost aerator for turning the pile.

**Choosing a Composting Method:**

- Traditional Composting: Ideal for larger gardens; set up a bin or heap in a sunny or partially shaded area.
- Tumbler Composting: Great for faster composting in small to medium gardens.
- Indoor Composting (Bokashi or Worm Bin): Perfect for small spaces or homes without gardens.

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#### 3. What to Compost

**Greens (Nitrogen-Rich):**

- Fruit and vegetable peelings
- Coffee grounds and tea bags (plastic-free only)
- Fresh grass clippings
- Plant trimmings

**Browns (Carbon-Rich):**

- Dry leaves
- Shredded paper and cardboard (non-glossy)
- Straw and hay
- Wood chips or sawdust (untreated)

**Avoid These Items:**

- Meat, fish, and dairy products
  - Oily or greasy food
  - Pet waste
  - Glossy or plastic-coated paper
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### 4. How to Compost Outdoors

#### 1. Set Up Your Bin:

- Place your compost bin or heap on bare soil to allow drainage and access for worms and microbes.
- Ensure good air circulation by keeping the bin slightly elevated or using a perforated base.

#### 2. Layer Greens and Browns:

- Start with a layer of browns (e.g., dry leaves) at the bottom.
- Alternate layers of greens and browns, aiming for a 1:2 ratio.

#### 3. Maintain Your Compost:

- Turn the pile every 1-2 weeks to aerate and speed up decomposition.
- Keep the pile moist but not soggy (like a wrung-out sponge).
- Add more browns if the pile is too wet or greens if it's too dry.

#### 4. Harvest Your Compost:

- Compost is ready when it's dark, crumbly, and smells earthy.
- Use it as mulch, soil conditioner, or in potting mixes.

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### 5. How to Compost Indoors

#### Bokashi Composting:

- Use an airtight Bokashi bin with Bokashi bran.
- Add kitchen scraps and sprinkle bran between layers.
- Ferment for 2 weeks, then bury in soil to complete decomposition.

#### Worm Composting (Vermiculture):

- Set up a worm bin with a ventilated lid and bedding (e.g., shredded paper, coconut coir).
- Add food scraps gradually, avoiding citrus and onion.
- Harvest worm castings (compost) every few months.

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### 6. Composting Tips for Success

- Chop Scraps Small: Smaller pieces break down faster.
- Balance Greens and Browns: Maintain a good ratio to avoid odors and pests.
- Cover Food Waste: Add a layer of browns after every addition of greens.
- Use a Lid: Keep your compost bin covered to retain moisture and deter pests.
- Keep It Local: Use compost in your garden to complete the cycle of waste to soil.

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### 7. Resources and Support

- Wiltshire Council: Offers subsidised compost bins and advice on composting ([www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)).
- Garden Centres: Many local centres in Trowbridge and Bradford-on-Avon sell composting supplies.
- Community Composting: Check for local schemes or share composting tips with neighbours.



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By composting, you're not only reducing waste but also contributing to healthier soil and a more sustainable environment. Whether you start small or go all-in, every effort counts in creating a greener Wingfield and Stowford!