



## WHAT is Compost and WHY Compost?

**SO “WHAT”:** Compost is nature’s way of recycling its nutrients. Compost is a soil “additive”. While it resembles soil, it is not actually soil... It comes from natural waste material such as dead leaves, twigs, fruit & vegetable material, and even animal waste.

A forest naturally “composts” (recycles its natural materials) all on its own, with trees and grasses shedding their leaves and ending up with other dead plant material onto the forest floor. Once on the ground, this material combines with other materials such as bird droppings, dead bugs, and other natural waste materials. This material builds up and eventually decomposes or rots. This decomposition happens through bacterial activity, fungal activity, insect activity, etc. This small universe of activity happens on a scale that we can’t see without a microscope.

The end result is that the trees, grasses, insects and animals of the forest have recycled their own waste into “finished compost”, which lays on top of the forest floor and slowly but steadily feeds the soil... which ultimately feeds the entire forest!

**SO, “WHY”?**

### Benefits to the soil:

- Enriches the soil with nutrients,
- Provides a water-saving “sponge-like” structure that helps plant roots grow
- Suppresses “weeds”, pests, and plant diseases by encouraging beneficial bacteria and fungi
- (& plenty more...)

### Benefits to people & our planet:

- Significantly reduces greenhouse gas emissions such as methane & carbon dioxide
- Reduces landfill waste (food & yard waste is not trash!)
- Reduces soil erosion
- Reduces the need for chemical fertilizers
- Supports biodiversity: the entire web of life on Earth benefits from composted nutrients in the soil, because with healthy soil-- we all thrive (birds, worms, bacteria, fungi, insects, trees, people)

## **SO... LET’S GET COMPOSTING!**