

Compost Your Food Scraps



Why Compost?

According to the EPA, about 95% of the food we dispose ends up in landfills or combustion facilities. Food that ends up in landfills gets buried under mounds of garbage creating methane gas which is harmful to the environment. When food waste is incinerated, the beneficial nutrients are lost. On the other hand, food waste that is composted creates a nutrient-rich soil amendment. Enriched soil retains moisture, which helps to suppress plant diseases and pests, thus reducing the need for chemical fertilizers. The benefits of composting food scraps far outweigh the alternative of throwing them out.

How Do I Get Started?

The ideal way to compost is in your backyard. You will need about 3 square feet in a shady, dry spot to compost leaves, yard trimmings and food scraps. If you don't have a backyard or don't have space, you can compost indoors (Vermicomposting/Bokashi) using a special collection bin. If you are not quite ready to take on composting, but want to recycle your food scraps, check with your local jurisdiction; some are beginning to implement curbside collection and food scraps drop-off programs.

*Visit these websites and search 'composting' for more information:
epa.gov, ext.vt.edu, earth911.org*