



# COMPOSTING 101

WHAT TO COMPOST AND WHAT TO AVOID

## WHAT TO COMPOST:

- Fruits and vegetables
- Eggshells
- Coffee grounds and filters
- Tea bags
- Nut shells
- Shredded newspaper
- Cardboard
- Paper
- Yard trimmings
- Grass clippings
- Houseplants
- Hay and straw
- Leaves
- Sawdust
- Wood chips
- Cotton and Wool Rags
- Dryer and vacuum cleaner lint
- Hair and fur
- Fireplace ashes

## WHAT NOT TO COMPOST:

- Black walnut tree leaves or twigs
- Coal or charcoal ash
- Dairy products (e.g., butter, milk, sour cream, yogurt) and eggs
- Diseased or insect-ridden plants
- Fats, grease, lard, or oils
- Meat or fish bones and scraps
- Pet wastes (e.g., dog or cat feces, soiled cat litter)
- Yard trimmings treated with chemical pesticides

Check with your local composting or recycling coordinator to see if these organics are accepted by your community curbside or drop-off composting program.